



HEALTH SCORE

53%

Chicken Tagine with Chickpeas and Mint



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups garbanzo beans canned drained (chickpeas)
- ☐ 3 medium carrots peeled cut into 2-inch pieces
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2 chicken breast halves skinless with bones, each cut crosswise into 2 pieces
- ☐ 4 chicken leg-thigh pieces skinless separated
- ☐ 0.5 cup cilantro stems fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 6 large garlic cloves minced

- ☐ 1 tablespoon ginger minced peeled
- ☐ 2 cups pieces green beans
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 optional: lemon thinly sliced quartered
- ☐ 2 tablespoons juice of lemon fresh ()
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion thinly sliced
- ☐ 1.5 tablespoons paprika
- ☐ 0.5 cup juice reserved from tomatoes diced canned
- ☐ 1 teaspoon turmeric
- ☐ 2 cups water ()

Equipment

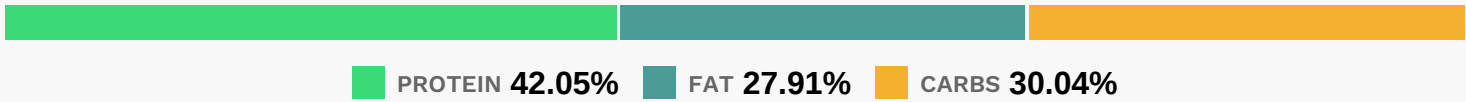
- ☐ bowl
- ☐ pot

Directions

- ☐ Heat oil in heavy large pot over medium heat.
- ☐ Add onion, garlic, and ginger. Cover and cook until onion is tender, stirring often, about 10 minutes.
- ☐ Add paprika and next 5 ingredients; stir 1 minute. Stir in 2 cups water, garbanzo beans, tomatoes with juices, cilantro, lemon, and 2 tablespoons lemon juice. Bring to boil. Reduce heat, cover, and simmer 10 minutes.
- ☐ Sprinkle chicken with salt and pepper; add to pot. Cover and simmer 30 minutes.
- ☐ Add carrots and more water to cover if liquid has evaporated; cook 10 minutes. Stir in green beans; simmer until chicken and vegetables are tender, about 5 minutes longer. Season with salt and pepper and more lemon juice, if desired.
- ☐ Transfer to bowl.

Sprinkle with mint.

Nutrition Facts



Properties

Glycemic Index:81.17, Glycemic Load:7.34, Inflammation Score:-10, Nutrition Score:36.573043818059%

Flavonoids

Eriodictyol: 7mg, Eriodictyol: 7mg, Eriodictyol: 7mg, Eriodictyol: 7mg Hesperetin: 8.9mg, Hesperetin: 8.9mg, Hesperetin: 8.9mg, Hesperetin: 8.9mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg, Luteolin: 1.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg, Quercetin: 10.83mg

Nutrients (% of daily need)

Calories: 409.82kcal (20.49%), Fat: 13.01g (20.01%), Saturated Fat: 2.5g (15.63%), Carbohydrates: 31.49g (10.5%), Net Carbohydrates: 21.73g (7.9%), Sugar: 7.54g (8.38%), Cholesterol: 153.39mg (51.13%), Sodium: 508.38mg (22.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.1g (88.19%), Vitamin A: 9790.35IU (195.81%), Vitamin B6: 1.72mg (85.79%), Vitamin B3: 14.77mg (73.87%), Selenium: 48.44µg (69.2%), Manganese: 1.2mg (59.83%), Phosphorus: 497.65mg (49.77%), Vitamin C: 36.29mg (43.99%), Vitamin K: 45.22µg (43.07%), Fiber: 9.75g (39.02%), Potassium: 1189.49mg (33.99%), Vitamin B5: 3.07mg (30.66%), Vitamin B2: 0.47mg (27.64%), Magnesium: 108.98mg (27.25%), Iron: 4.74mg (26.35%), Zinc: 3.81mg (25.37%), Vitamin B1: 0.32mg (21.24%), Copper: 0.4mg (20.03%), Folate: 75.3µg (18.82%), Vitamin E: 2.56mg (17.04%), Vitamin B12: 0.85µg (14.12%), Calcium: 137.46mg (13.75%)