



Chicken Tagine with Couscous

 Dairy Free

READY IN



175 min.

SERVINGS



6

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black
- 1 cup couscous
- 0.5 cup apricots dried coarsely chopped
- 2 tablespoons flour all-purpose
- 1 teaspoon ground cinnamon
- 1.5 teaspoons ground cumin
- 1.5 teaspoons ground ginger
- 2 tablespoons juice of lemon

- 1.3 cups chicken broth low-sodium
- 2 large onions thinly sliced
- 0.3 cup raisins
- 1.8 pounds chicken breast halves boneless skinless cut into 1 inch pieces
- 2 tablespoons tomato paste
- 1 cup water boiling

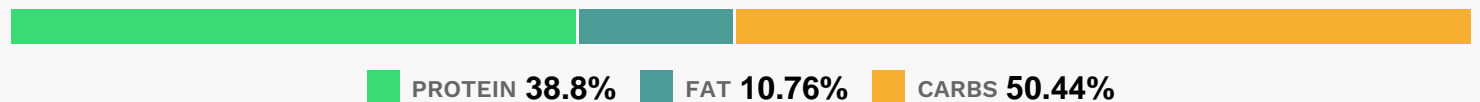
Equipment

- bowl
- sauce pan
- whisk
- slow cooker
- tajine pot

Directions

- Place the chicken, onions, apricots, and raisins into a slow cooker. In a bowl, whisk together the chicken broth, tomato paste, lemon juice, flour, ginger, cumin, cinnamon, black pepper, curry powder, and cayenne.
- Pour the mixture over the chicken in the cooker. Cover, set the cooker to High, and cook 2 1/2 hours; or set the cooker to Low and cook for 5 hours.
- Place the couscous into a saucepan, stir in the boiling water, cover, and let stand until the water is absorbed and the couscous is tender, about 5 minutes. Fluff the pasta with a fork. Scoop onto plates, and serve with chicken tagine.

Nutrition Facts



Properties

Glycemic Index:57.7, Glycemic Load:21.77, Inflammation Score:-7, Nutrition Score:20.1900001246%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg, Quercetin: 10.17mg

Nutrients (% of daily need)

Calories: 356.42kcal (17.82%), Fat: 4.26g (6.55%), Saturated Fat: 0.94g (5.9%), Carbohydrates: 44.9g (14.97%), Net Carbohydrates: 40.63g (14.77%), Sugar: 8.79g (9.76%), Cholesterol: 84.67mg (28.22%), Sodium: 221.68mg (9.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.54g (69.08%), Vitamin B3: 16.3mg (81.5%), Selenium: 44.33µg (63.33%), Vitamin B6: 1.14mg (56.97%), Phosphorus: 381.16mg (38.12%), Manganese: 0.65mg (32.63%), Potassium: 925.87mg (26.45%), Vitamin B5: 2.4mg (23.96%), Fiber: 4.27g (17.09%), Magnesium: 65.33mg (16.33%), Vitamin B2: 0.23mg (13.52%), Vitamin B1: 0.19mg (12.86%), Copper: 0.25mg (12.66%), Iron: 2.26mg (12.55%), Vitamin C: 8.99mg (10.9%), Vitamin A: 521.15IU (10.42%), Zinc: 1.31mg (8.7%), Folate: 28.26µg (7.07%), Vitamin E: 0.99mg (6.63%), Vitamin B12: 0.31µg (5.23%), Calcium: 48.3mg (4.83%), Vitamin K: 1.82µg (1.74%)