



## Chicken Tagine with Figs, Olives, and Pistachios

 Dairy Free

READY IN



220 min.

SERVINGS



4

CALORIES



586 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup olives black pitted
- 6 ounces mushrooms halved
- 2 carrots sliced into coins
- 1.8 cups chicken stock see
- 8 large figs dried coarsely chopped
- 2 tablespoons flour all-purpose
- 2 tablespoons parsley fresh chopped (to garnish)

- 2 cloves garlic minced
- 2 teaspoons ginger grated
- 1.5 teaspoons ground cinnamon
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1.5 teaspoons harissa
- 1 tablespoon juice of lemon
- 1.5 tablespoons juice of lemon
- 1 teaspoon lemon zest grated
- 2 tablespoons olive oil
- 2 onion chopped
- 0.3 cup pistachios shelled
- 8 chicken thighs skinless
- 2 tablespoons tomato paste
- 1.5 teaspoons turmeric

## Equipment

- frying pan
- whisk
- slow cooker
- tajine pot

## Directions

- Mix together 2 tbsp olive oil, coriander, cumin, cinnamon, turmeric, lemon zest and juice, and harissa paste. Coat chicken thighs in spice mix. Brown chicken on all sides (in 2 tbsp olive oil) in a large skillet then transfer to crockpot.
- Add onions, carrots, garlic and ginger to the skillet and cook for about 5 minutes or until just starting to get soft. Stir in mushrooms and figs, and gradually add flour to pan. Cook mixture for about 1 minute, then whisk in chicken stock, tomato paste, and lemon juice. Bring mixture to a boil, then transfer to crockpot, stirring to combine ingredients. Cover and cook on high for 3–5

hours or until chicken is cooked and tender.About 20 minutes before tagine is done, stir in olive and nuts.To serve, garnish with parsley if desired.

## Nutrition Facts

PROTEIN 35.28% FAT 40.9% CARBS 23.82%

### Properties

Glycemic Index:91.71, Glycemic Load:8.24, Inflammation Score:-10, Nutrition Score:38.77347818924%

### Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 11.45mg, Quercetin: 11.45mg, Quercetin: 11.45mg, Quercetin: 11.45mg

### Nutrients (% of daily need)

Calories: 585.85kcal (29.29%), Fat: 27.11g (41.71%), Saturated Fat: 4.87g (30.42%), Carbohydrates: 35.52g (11.84%), Net Carbohydrates: 28.1g (10.22%), Sugar: 16.47g (18.3%), Cholesterol: 217.85mg (72.62%), Sodium: 865.8mg (37.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.63g (105.25%), Vitamin A: 5616.53IU (112.33%), Selenium: 61.01µg (87.16%), Vitamin B3: 17.14mg (85.7%), Vitamin B6: 1.49mg (74.46%), Phosphorus: 603.96mg (60.4%), Vitamin K: 52.31µg (49.82%), Vitamin B2: 0.77mg (45.3%), Potassium: 1378.13mg (39.38%), Vitamin B5: 3.69mg (36.91%), Manganese: 0.7mg (34.94%), Vitamin B1: 0.48mg (32.1%), Copper: 0.64mg (31.87%), Zinc: 4.58mg (30.54%), Fiber: 7.43g (29.71%), Iron: 5.13mg (28.51%), Magnesium: 110.94mg (27.74%), Vitamin B12: 1.46µg (24.39%), Vitamin E: 3.41mg (22.74%), Vitamin C: 17.75mg (21.52%), Folate: 58.75µg (14.69%), Calcium: 133.37mg (13.34%)