



Chicken Tagine with Lemon and Olives

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



334 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 stick cinnamon (3-inch)
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 1 ounce flour all-purpose
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup olives green pitted halved (12)

- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon ground turmeric
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 teaspoons olive oil
- ☐ 2 cups onion chopped (2 medium)
- ☐ 0.5 teaspoon salt
- ☐ 12 chicken thighs boneless skinless

Equipment

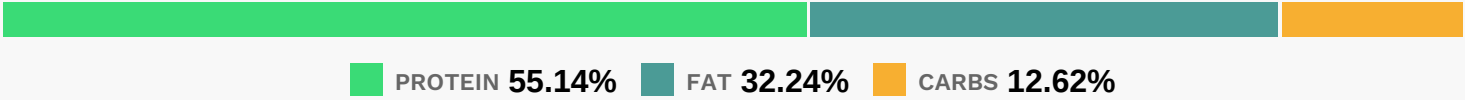
- ☐ frying pan
- ☐ paper towels
- ☐ ziploc bags

Directions

- ☐ Combine juice and chicken in a large zip-top plastic bag. Seal and marinate in refrigerator 30 minutes.
- ☐ Remove chicken from bag; discard marinade.
- ☐ Pat chicken dry with paper towels. Dredge in flour; sprinkle with salt, black pepper, turmeric, and red pepper.
- ☐ Heat olive oil in a large nonstick skillet with high sides over medium-high heat.
- ☐ Add half of chicken; cook for 3 minutes on each side or until lightly browned.
- ☐ Remove from pan. Repeat procedure with remaining chicken.
- ☐ Add onion, ginger, and garlic to pan; saut 5 minutes or until tender. Return chicken to pan.
- ☐ Add broth, olives, rind, and cinnamon stick; bring to a boil. Cover, reduce heat, and simmer 1 hour or until chicken is tender. Discard the cinnamon stick; stir in cilantro.
- ☐ Wine note: The fresh lemon and fruity olive oil lend this dish bright Mediterranean flavor, which calls for a high-acid white wine. However, the aromatic spices deserve a wine that's equally exotic. Try Moschofilero Boutari 2005 (\$15), a widely available Greek wine that's made from the Moschofilero (mo-sko-feel-er-o) grape. It has a bold fragrance of citrus, melon,

white flowers, and spice along with a nice balance of sweetness and grapefruit flavors. –
Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:3.83, Inflammation Score:-7, Nutrition Score:20.867391607036%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg, Quercetin: 10.93mg

Nutrients (% of daily need)

Calories: 334.21kcal (16.71%), Fat: 11.69g (17.99%), Saturated Fat: 2.67g (16.67%), Carbohydrates: 10.3g (3.43%), Net Carbohydrates: 8.61g (3.13%), Sugar: 2.55g (2.84%), Cholesterol: 214.7mg (71.57%), Sodium: 640.16mg (27.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.01g (90.02%), Selenium: 54.01µg (77.16%), Vitamin B3: 13.22mg (66.11%), Vitamin B6: 1.1mg (54.95%), Phosphorus: 450.61mg (45.06%), Vitamin B5: 2.86mg (28.64%), Vitamin B2: 0.45mg (26.46%), Vitamin B12: 1.52µg (25.37%), Zinc: 3.6mg (24.02%), Potassium: 669.26mg (19.12%), Vitamin B1: 0.27mg (18.21%), Magnesium: 60.9mg (15.22%), Manganese: 0.28mg (14.02%), Iron: 2.35mg (13.08%), Copper: 0.18mg (8.87%), Vitamin C: 7.18mg (8.71%), Vitamin K: 8.46µg (8.05%), Folate: 29.73µg (7.43%), Fiber: 1.7g (6.79%), Vitamin E: 0.87mg (5.8%), Calcium: 47.46mg (4.75%), Vitamin A: 106.65IU (2.13%)