



Chicken Tagine with Onions, Honey, and Mint

 Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 4 pound chicken cut into 8 pieces
- ☐ 1.5 cups chicken broth
- ☐ 1 tablespoon ginger fresh grated
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 6 garlic clove smashed
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin

- ☐ 0.3 cup honey
- ☐ 1 optional: lemon quartered
- ☐ 0.5 cup slivered almonds fresh toasted chopped
- ☐ 4 mint leaves fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.8 cup orange juice
- ☐ 1 teaspoon paprika
- ☐ 1 onion red thinly sliced
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 teaspoon sea salt
- ☐ 4 thyme sprigs fresh

Equipment

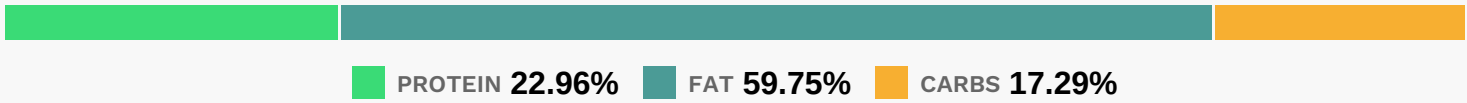
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven
- ☐ tajine pot

Directions

- ☐ Combine first 7 ingredients in a large bowl.
- ☐ Add chicken, turning to coat.
- ☐ Heat oil and butter in a tagine or Dutch oven over medium heat.
- ☐ Add chicken, skin side down, and cook 4 to 5 minutes per side or until golden brown. (Cook in batches, if necessary.)
- ☐ Transfer to a plate.
- ☐ Add garlic to pan, and saut about 1 minute.
- ☐ Add mint, thyme, broth, chicken, and any juices that drained onto plate. Cover, reduce heat to low, and simmer 30 to 35 minutes or until chicken is tender.

Bring onion and next 3 ingredients to a simmer in a separate saucepan over low heat; cook 8 to 10 minutes or until lemon becomes soft and liquid thickens. Discard herb sprigs; pour glaze over chicken, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:55.3, Glycemic Load:8.83, Inflammation Score:-8, Nutrition Score:18.058260814003%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 4.9mg, Eriodictyol: 4.9mg, Eriodictyol: 4.9mg, Eriodictyol: 4.9mg Hesperetin: 9.05mg, Hesperetin: 9.05mg, Hesperetin: 9.05mg, Hesperetin: 9.05mg Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg, Isorhamnetin: 1.16mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

Nutrients (% of daily need)

Calories: 523.64kcal (26.18%), Fat: 35.27g (54.26%), Saturated Fat: 9.7g (60.65%), Carbohydrates: 22.97g (7.66%), Net Carbohydrates: 20.12g (7.32%), Sugar: 16.19g (17.98%), Cholesterol: 120.07mg (40.02%), Sodium: 744.56mg (32.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.49g (60.98%), Vitamin B3: 10.68mg (53.38%), Vitamin C: 31.9mg (38.67%), Selenium: 22.38µg (31.97%), Vitamin B6: 0.63mg (31.54%), Phosphorus: 285.59mg (28.56%), Vitamin E: 3.77mg (25.14%), Manganese: 0.48mg (24.25%), Vitamin B2: 0.36mg (21.08%), Magnesium: 68.1mg (17.02%), Zinc: 2.45mg (16.31%), Vitamin A: 772.7IU (15.45%), Vitamin B5: 1.54mg (15.43%), Potassium: 530.27mg (15.15%), Iron: 2.66mg (14.79%), Copper: 0.24mg (11.89%), Vitamin B1: 0.17mg (11.64%), Fiber: 2.85g (11.4%), Calcium: 80.86mg (8.09%), Folate: 32.25µg (8.06%), Vitamin B12: 0.47µg (7.83%), Vitamin K: 6.04µg (5.75%), Vitamin D: 0.29µg (1.94%)