



## Chicken with Dates, Olives, and Cinnamon

READY IN



60 min.

SERVINGS



6

CALORIES



822 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 12 chicken thighs bone-in
- 2 tablespoons butter divided
- 1 stick cinnamon (3-inch)
- 0.5 cup dates whole pitted chopped
- 2 tablespoons flour all-purpose
- 0.3 cup basil fresh
- 1 teaspoon ginger fresh minced peeled
- 0.5 teaspoon ground coriander

- 0.8 teaspoon ground cumin
- 0.1 teaspoon ground pepper red
- 0.1 teaspoon kosher salt
- 3 tablespoons juice of lemon fresh
- 2 cups beef broth fat-free
- 18 manzanilla olives green pitted chopped (or )
- 2 tablespoons olive oil divided
- 4 cups onion sliced

## Equipment

- frying pan
- dutch oven

## Directions

- Sprinkle chicken with pepper and salt. Melt 1 tablespoon butter in a 10-quart Dutch oven over medium-high heat.
- Add 1 tablespoon oil to pan; swirl to coat.
- Add 6 chicken thighs to pan; cook 4 minutes on each side or until browned.
- Remove chicken from pan. Repeat with remaining 1 tablespoon butter, remaining 1 tablespoon oil, and remaining 6 chicken thighs.
- Add onion and ginger to pan; saut 8 minutes, stirring frequently.
- Add olives; saut for 1 minute.
- Add flour and the next 4 ingredients (through cinnamon stick); cook 1 minute, stirring constantly.
- Add broth; bring to a boil, scraping pan to loosen browned bits. Cook for 1 minute. Return chicken to pan. Cover, reduce heat to low, and cook 12 minutes. Stir in dates; simmer 10 minutes or until chicken is done. Stir in juice, and garnish with basil.

## Nutrition Facts



■ PROTEIN **24.46%** ■ FAT **64.07%** ■ CARBS **11.47%**

## Properties

Glycemic Index:60.5, Glycemic Load:7.89, Inflammation Score:-7, Nutrition Score:24.772608679274%

## Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg, Isorhamnetin: 5.34mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 21.8mg, Quercetin: 21.8mg, Quercetin: 21.8mg, Quercetin: 21.8mg

## Nutrients (% of daily need)

Calories: 821.7kcal (41.08%), Fat: 58.6g (90.15%), Saturated Fat: 16.29g (101.84%), Carbohydrates: 23.6g (7.87%), Net Carbohydrates: 19.86g (7.22%), Sugar: 12.58g (13.98%), Cholesterol: 293.25mg (97.75%), Sodium: 640.23mg (27.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.33g (100.66%), Selenium: 56.04µg (80.06%), Vitamin B3: 13.92mg (69.62%), Vitamin B6: 1.15mg (57.66%), Phosphorus: 503.28mg (50.33%), Vitamin B5: 3.17mg (31.74%), Vitamin B12: 1.86µg (30.96%), Potassium: 1020.54mg (29.16%), Zinc: 3.9mg (26.01%), Vitamin B2: 0.44mg (25.72%), Vitamin B1: 0.3mg (19.75%), Magnesium: 76.06mg (19.02%), Manganese: 0.37mg (18.55%), Iron: 2.78mg (15.45%), Fiber: 3.74g (14.96%), Vitamin K: 14.65µg (13.96%), Vitamin C: 11.15mg (13.51%), Vitamin E: 1.93mg (12.86%), Copper: 0.25mg (12.25%), Folate: 38.67µg (9.67%), Vitamin A: 468.45IU (9.37%), Calcium: 72.3mg (7.23%), Vitamin D: 0.29µg (1.93%)