



WHATSheATE



Cinnamon-Roasted Chicken with Harissa Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup flour ()
- ☐ 1 teaspoon ground pepper
- ☐ 8 small chicken breast halves with skin and bones
- ☐ 8 strips. with skin and bones
- ☐ 0.3 cup ground cinnamon
- ☐ 8 servings harissa
- ☐ 1 cup olive oil

- ☐ 4 tablespoons vegetable oil; peanut oil preferred ()
- ☐ 1 tablespoon salt
- ☐ 1 teaspoon sugar

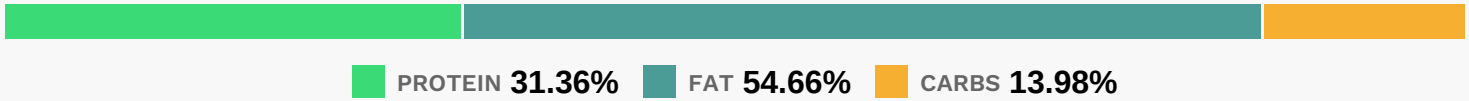
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Mix first 5 ingredients in small bowl.
- ☐ Place chicken breasts and thighs in 2-gallon resealable plastic bag.
- ☐ Pour oil mixture over; seal bag. Turn bag to coat chicken with marinade. Chill overnight.
- ☐ Preheat oven to 475°F.
- ☐ Transfer chicken to rimmed baking sheet, shaking off marinade.
- ☐ Sprinkle chicken all over with flour.
- ☐ Heat 1 tablespoon peanut oil in large skillet over medium-high heat. Working in batches, add chicken to skillet. Cook until golden, adding more oil as needed, about 3 minutes per side. Return chicken to baking sheet, skin side up. Roast until cooked through, about 15 minutes.
- ☐ Serve with Harissa Sauce.

Nutrition Facts



Properties

Glycemic Index:22.76, Glycemic Load:9.1, Inflammation Score:-5, Nutrition Score:25.657826351083%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 568.36kcal (28.42%), Fat: 34.4g (52.92%), Saturated Fat: 7.69g (48.06%), Carbohydrates: 19.79g (6.6%), Net Carbohydrates: 15.26g (5.55%), Sugar: 1.39g (1.55%), Cholesterol: 183.06mg (61.02%), Sodium: 1158.38mg (50.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.41g (88.81%), Vitamin B3: 18.16mg (90.78%), Selenium: 62.9µg (89.86%), Manganese: 1.44mg (72.01%), Vitamin B6: 1.27mg (63.33%), Phosphorus: 440.78mg (44.08%), Vitamin B5: 2.85mg (28.53%), Potassium: 722.11mg (20.63%), Vitamin B2: 0.35mg (20.49%), Vitamin B1: 0.29mg (19.04%), Fiber: 4.54g (18.14%), Vitamin E: 2.68mg (17.87%), Vitamin B12: 0.95µg (15.82%), Zinc: 2.33mg (15.53%), Magnesium: 59.73mg (14.93%), Iron: 2.61mg (14.53%), Folate: 37.66µg (9.42%), Calcium: 93.08mg (9.31%), Vitamin K: 8.71µg (8.3%), Copper: 0.14mg (7.19%), Vitamin A: 281.88IU (5.64%), Vitamin C: 2.63mg (3.19%), Vitamin D: 0.23µg (1.51%)