



## Citrus Chicken Tagine

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 5 cups couscous hot cooked
- 1 cup less-sodium chicken broth fat-free
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup parsley fresh chopped
- 4 garlic cloves minced
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground ginger

- 0.3 cup kalamata olives pitted sliced
- 3 tablespoons lemon sections chopped ( 1 lemon)
- 1 tablespoon olive oil
- 2 cups onion chopped
- 1 cup orange juice
- 1.5 cups orange sections chopped ( 2 oranges)
- 1 cup bell pepper red chopped
- 0.3 teaspoon saffron threads crushed
- 0.8 teaspoon salt
- 2 pounds chicken thighs boneless skinless coarsely chopped

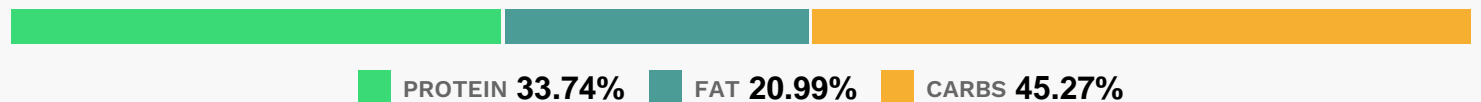
## Equipment

- dutch oven

## Directions

- Heat the oil in a Dutch oven over medium heat.
- Add chicken and next 6 ingredients (chicken through garlic), and cook for 12 minutes. Stir in the broth, juice, salt, and black pepper. Bring to a boil; cover, reduce heat, and simmer 30 minutes. (Can be prepared ahead up to this point.)
- Remove from heat, and stir in the remaining ingredients except couscous.
- Serve over couscous, and garnish with parsley, if desired.

## Nutrition Facts



## Properties

Glycemic Index:55.63, Glycemic Load:18.24, Inflammation Score:-8, Nutrition Score:22.557826042175%

## Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 14.45mg, Hesperetin: 14.45mg, Hesperetin: 14.45mg, Hesperetin: 14.45mg Naringenin: 5.86mg, Naringenin: 5.86mg, Naringenin: 5.86mg

Naringenin: 5.86mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 8.84mg, Quercetin: 8.84mg, Quercetin: 8.84mg, Quercetin: 8.84mg

## **Nutrients (% of daily need)**

Calories: 324.01kcal (16.2%), Fat: 7.52g (11.56%), Saturated Fat: 1.58g (9.85%), Carbohydrates: 36.48g (12.16%), Net Carbohydrates: 32.64g (11.87%), Sugar: 8.59g (9.54%), Cholesterol: 107.73mg (35.91%), Sodium: 510.54mg (22.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.18g (54.37%), Vitamin C: 67.18mg (81.42%), Selenium: 54.01µg (77.16%), Vitamin K: 48.84µg (46.51%), Vitamin B3: 7.98mg (39.92%), Vitamin B6: 0.72mg (36.11%), Phosphorus: 268.72mg (26.87%), Vitamin B5: 2.05mg (20.47%), Vitamin A: 1023.39IU (20.47%), Vitamin B1: 0.26mg (17.36%), Potassium: 599.93mg (17.14%), Vitamin B2: 0.29mg (17.03%), Fiber: 3.84g (15.38%), Folate: 60.16µg (15.04%), Manganese: 0.3mg (14.77%), Zinc: 2.2mg (14.66%), Vitamin B12: 0.78µg (13.04%), Magnesium: 50.4mg (12.6%), Iron: 1.88mg (10.44%), Copper: 0.18mg (8.78%), Vitamin E: 1.17mg (7.79%), Calcium: 58.68mg (5.87%)