



HEALTH SCORE

61%

Clay Pot Chicken with Dates, Sucuk and Bulgur



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 2 ounces bulgur washed
- ☐ 1.5 cups chicken stock see
- ☐ 2 pound roasting chickens
- ☐ 2 to 2 chillies slit diced green seeded
- ☐ 1 stick cinnamon
- ☐ 1 clove garlic sliced

- ☐ 1 ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 4 medjool dates seeded cut into quarters
- ☐ 1 tablespoon olive oil
- ☐ 2 bell pepper green seeded cut into rings
- ☐ 2 bell pepper red seeded cut into rings
- ☐ 2 onion red thick cut into rings
- ☐ 2 servings sea salt
- ☐ 1 tablespoon cooking sherry generous
- ☐ 2 star anise
- ☐ 3 sprigs thyme leaves
- ☐ 2 ounces butter unsalted
- ☐ 2 large vine ripened tomato diced seeded
- ☐ 2 ounces frangelico sliced
- ☐ 2 ounces frangelico sliced

Equipment

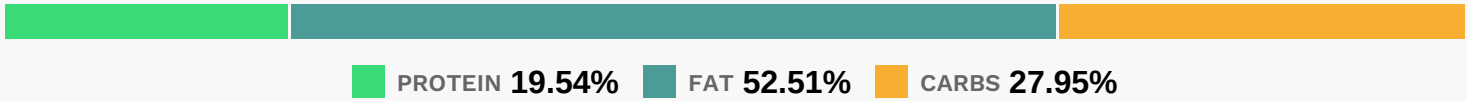
- ☐ frying pan
- ☐ oven
- ☐ casserole dish

Directions

- ☐ Preheat the oven to 400°F.
- ☐ Heat the butter and extra-virgin olive oil in a heavy-based casserole dish. Gently sweat the onions, garlic, peppers and chiles with the cumin and cinnamon for about 5 minutes, or until the vegetables soften.
- ☐ Add the sherry, tomatoes, bulgur, chicken stock, cinnamon, star anise and thyme and bring to the boil. Lower the heat, then cover and simmer gently for 5 minutes.
- ☐ Meanwhile, cut the chickens into quarters and season lightly with salt and pepper.

- ☐
- In another heavy-based frying pan, heat the olive oil over a medium heat and brown the meat lightly all over.
- ☐
- Add the sucuk and fry until golden brown on both sides.
- ☐
- Transfer the poussins and sucuk to the casserole dish and tuck in the dates. Cover the pan and cook in the preheated oven for 20 minutes. Taste and adjust the seasoning and serve immediately.
- ☐
- From *Turquoise: A Chef's Travels in Turkey* by Greg and Lucy Malouf. Text © Greg and Lucy Malouf; food photography © William Meppem. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:148, Glycemic Load:13.98, Inflammation Score:-10, Nutrition Score:58.717390972635%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg, Naringenin: 1.27mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 7.04mg, Luteolin: 7.04mg, Luteolin: 7.04mg, Luteolin: 7.04mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 26.32mg, Quercetin: 26.32mg, Quercetin: 26.32mg, Quercetin: 26.32mg

Nutrients (% of daily need)

Calories: 1434.72kcal (71.74%), Fat: 85.29g (131.21%), Saturated Fat: 31.05g (194.09%), Carbohydrates: 102.1g (34.03%), Net Carbohydrates: 81.26g (29.55%), Sugar: 53.87g (59.86%), Cholesterol: 351.12mg (117.04%), Sodium: 862.88mg (37.52%), Alcohol: 0.77g (100%), Alcohol %: 0.08% (100%), Protein: 71.42g (142.84%), Vitamin C: 298.07mg (361.29%), Vitamin A: 9361.82IU (187.24%), Vitamin B3: 29.47mg (147.37%), Manganese: 2.47mg (123.25%), Vitamin B6: 2.32mg (116.07%), Phosphorus: 863.91mg (86.39%), Fiber: 20.84g (83.37%), Potassium: 2415.69mg (69.02%), Selenium: 44.41µg (63.44%), Vitamin B2: 1.01mg (59.21%), Folate: 226.86µg (56.71%), Vitamin B12: 3.33µg (55.44%), Magnesium: 211.45mg (52.86%), Iron: 9.37mg (52.06%), Vitamin B5: 4.92mg (49.21%), Copper: 0.86mg (43.12%), Zinc: 6.44mg (42.95%), Vitamin B1: 0.61mg (40.95%), Vitamin K: 39.21µg (37.35%), Vitamin E: 5.18mg (34.53%), Calcium: 210.63mg (21.06%), Vitamin D: 0.43µg (2.83%)