



Coriander and Sumac Roast Chicken with Chickpeas and Hazelnuts

 Gluten Free

READY IN



90 min.

SERVINGS



6

CALORIES



732 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 14.5 oz chickpeas rinsed canned (garbanzos)
- ☐ 0.3 cup currants dried
- ☐ 3 tablespoons flat-leaf parsley coarsely chopped
- ☐ 0.3 cup golden raisins
- ☐ 2 tablespoons ground coriander
- ☐ 2 teaspoons ground cumin

- ☐ 0.5 cup roasted hazelnuts coarsely chopped
- ☐ 1.5 teaspoons kosher salt divided
- ☐ 1 optional: lemon quartered
- ☐ 3 tablespoons olive oil divided
- ☐ 1 teaspoon pepper
- ☐ 6 servings whole-milk yogurt seasoned dried plain with mint and salt
- ☐ 3.5 tsp sumac powder divided
- ☐ 6 servings rice long-grain dried white with a little mint hot cooked for 6,
- ☐ 4 lbs meat from a rotisserie chicken whole fat removed

Equipment

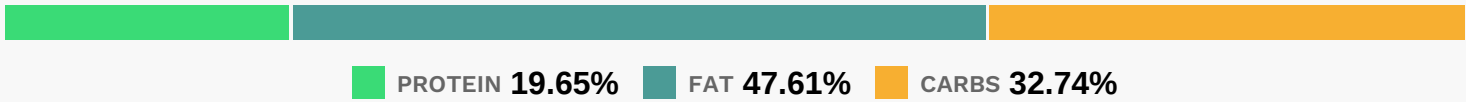
- ☐ frying pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen twine

Directions

- ☐ Preheat oven to 40
- ☐ Combine 2 tbsp. coriander, 2 tsp. sumac, the cumin, pepper, and 1 tsp. salt. Rub chicken with 1 1/2 tbsp. oil, then inside and out with spice mixture. Put lemon inside cavity. Set chicken, breast up, on a rack in a roasting pan. Tie legs together loosely with kitchen twine.
- ☐ Roast chicken 45 minutes, then baste every 15 minutes or so with pan drippings until a leg joint wiggles easily and juices run clear, about 30 minutes more.
- ☐ Heat remaining 1 1/2 tbsp. oil and the butter in a frying pan over medium heat.
- ☐ Add raisins, currants, 1 1/2 tsp. sumac, and remaining 1 tsp. coriander and 1/2 tsp. salt. Cook, stirring, until puffy and sizzling, 2 to 3 minutes. Stir in a splash of water, the chickpeas, and parsley and cook until hot. Stir in hazelnuts.
- ☐ Spread rice on a platter. Arrange chickpea mixture over rice, then set chicken on top and remove twine.
- ☐ Serve with yogurt, the roasted lemon, and more sumac to add to taste.

*Find in the spice aisle or at worldspice.com

Nutrition Facts



Properties

Glycemic Index:57.11, Glycemic Load:28.8, Inflammation Score:-6, Nutrition Score:25.806086934131%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 732.12kcal (36.61%), Fat: 39.04g (60.06%), Saturated Fat: 9.15g (57.16%), Carbohydrates: 60.42g (20.14%), Net Carbohydrates: 53.91g (19.6%), Sugar: 8.37g (9.3%), Cholesterol: 113.9mg (37.97%), Sodium: 898.2mg (39.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.25g (72.51%), Manganese: 1.86mg (92.96%), Vitamin B3: 11.16mg (55.8%), Vitamin B6: 1.02mg (51.09%), Selenium: 30.16µg (43.09%), Vitamin K: 41.81µg (39.82%), Phosphorus: 379.81mg (37.98%), Copper: 0.52mg (26.21%), Fiber: 6.51g (26.04%), Iron: 4.23mg (23.51%), Magnesium: 90.8mg (22.7%), Zinc: 3.32mg (22.15%), Vitamin B5: 2.15mg (21.51%), Vitamin E: 3.13mg (20.86%), Vitamin C: 16.11mg (19.52%), Potassium: 662.27mg (18.92%), Vitamin B1: 0.23mg (15.58%), Vitamin B2: 0.25mg (14.98%), Folate: 46.93µg (11.73%), Calcium: 102.63mg (10.26%), Vitamin A: 460.98IU (9.22%), Vitamin B12: 0.46µg (7.67%), Vitamin D: 0.29µg (1.94%)