



Crisp Spiced Chicken with Hummus Vinaigrette

 Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



79 kcal

Ingredients

- ☐ 4 skin-on chicken drumsticks
- ☐ 4 chicken thighs
- ☐ 4 cups couscous cooked
- ☐ 1.5 cups flat-leaf parsley coarsely chopped
- ☐ 2 tablespoons ground coriander
- ☐ 1 cup water prepared
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup roasted pistachios coarsely chopped

- ☐ 0.5 cup pomegranate seeds
- ☐ 45 servings salt and pepper freshly ground
- ☐ 0.3 cup citrus champagne vinegar

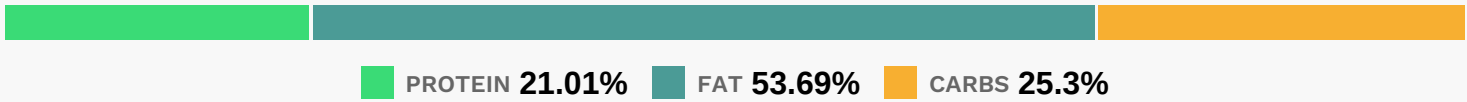
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ broiler

Directions

- ☐ Preheat the oven to 45
- ☐ In a bowl, toss the chicken with 2 tablespoons of the oil and the coriander; season with salt and pepper. Arrange the chicken on a rack set over a baking sheet, skin side up. Roast in the upper third of the oven for 35 minutes, turning twice, until the chicken is cooked through. Turn on the broiler and broil for 2 minutes, until the skin is crisp and golden.
- ☐ Meanwhile, in a bowl, toss the couscous with the pistachios, pomegranate seeds and 1/2 cup of the parsley. In a blender, puree the hummus and vinegar with the remaining 1 cup of parsley and 1/4 cup of oil.
- ☐ Add 2 tablespoons of water and puree until smooth. Season the dressing with salt and pepper.
- ☐ Stir one-third of the dressing into the couscous and transfer to a platter. Arrange the chicken on top and serve right away, passing the extra dressing on the side.

Nutrition Facts



Properties

Glycemic Index:4.57, Glycemic Load:2.33, Inflammation Score:-2, Nutrition Score:4.5121739267007%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 78.84kcal (3.94%), Fat: 4.74g (7.29%), Saturated Fat: 0.95g (5.91%), Carbohydrates: 5.02g (1.67%), Net Carbohydrates: 4.13g (1.5%), Sugar: 0.39g (0.43%), Cholesterol: 16.03mg (5.34%), Sodium: 231.34mg (10.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Vitamin K: 34.21µg (32.59%), Selenium: 7.33µg (10.47%), Vitamin B3: 1.01mg (5.08%), Vitamin B6: 0.1mg (5.06%), Phosphorus: 49.26mg (4.93%), Manganese: 0.08mg (4.19%), Vitamin A: 186.72IU (3.73%), Vitamin C: 2.98mg (3.61%), Fiber: 0.9g (3.58%), Copper: 0.07mg (3.49%), Vitamin B1: 0.05mg (3.13%), Zinc: 0.46mg (3.07%), Magnesium: 11.92mg (2.98%), Iron: 0.53mg (2.94%), Folate: 11.56µg (2.89%), Potassium: 88.93mg (2.54%), Vitamin B5: 0.25mg (2.53%), Vitamin B2: 0.04mg (2.21%), Vitamin E: 0.28mg (1.88%), Vitamin B12: 0.1µg (1.69%), Calcium: 10.83mg (1.08%)