



Easy chicken tagine



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 8 large chicken thighs boneless skinless halved
- ☐ 1 onion chopped
- ☐ 2 tsp ginger fresh grated
- ☐ 1 pinch turmeric
- ☐ 1 tbsp honey
- ☐ 400 g carrots cut into sticks
- ☐ 1 small bunch parsley roughly chopped

☐ 4 servings lemon wedges

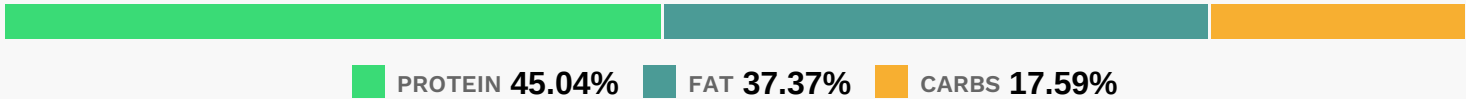
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a large, wide pan with a lid, add the chicken, then fry quickly until lightly coloured.
- ☐ Add the onion and ginger, then fry for a further 2 mins.
- ☐ Add 150ml water, the saffron, honey and carrots, season, then stir well. Bring to the boil, cover tightly, then simmer for 30 mins until the chicken is tender. Uncover and increase the heat for about 5 mins to reduce the sauce a little.
- ☐ Sprinkle with parsley and serve with lemon wedges for squeezing over.

Nutrition Facts



Properties

Glycemic Index:50.9, Glycemic Load:6.18, Inflammation Score:-10, Nutrition Score:32.651739203412%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg, Myricetin: 2.17mg Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg, Quercetin: 5.84mg

Nutrients (% of daily need)

Calories: 405.09kcal (20.25%), Fat: 16.68g (25.66%), Saturated Fat: 3.36g (21%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 13.86g (5.04%), Sugar: 10.38g (11.53%), Cholesterol: 214.7mg (71.57%), Sodium: 279.73mg (12.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.23g (90.46%), Vitamin A: 17961.43IU (359.23%), Vitamin K: 257.78µg (245.51%), Selenium: 51.38µg (73.4%), Vitamin B3: 13.84mg (69.2%), Vitamin B6: 1.19mg (59.68%), Phosphorus: 474.64mg (47.46%), Vitamin C: 27.5mg (33.33%), Vitamin B5: 3.08mg (30.83%), Potassium:

1001.76mg (28.62%), Vitamin B2: 0.48mg (28.35%), Zinc: 3.89mg (25.94%), Vitamin B12: 1.45µg (24.11%), Vitamin B1: 0.29mg (19.67%), Magnesium: 74.52mg (18.63%), Iron: 3.13mg (17.4%), Fiber: 3.8g (15.21%), Vitamin E: 2.19mg (14.61%), Folate: 55.26µg (13.81%), Manganese: 0.25mg (12.31%), Copper: 0.21mg (10.41%), Calcium: 80.18mg (8.02%)