



Egyptian Chicken

READY IN



30 min.

SERVINGS



6

CALORIES



549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon allspice
- 0.5 cup almond flour roughly chopped ()
- 2 tablespoons butter
- 2 large chicken breast
- 2 large chicken stock cube (4 of the square ones)
- 0.5 teaspoon cilantro leaves
- 1 teaspoon cumin
- 0.5 cup currants
- 6 servings pepper fresh black

- 0.5 cup olive oil (can put a bit less)
- 1 medium onion
- 0.5 teaspoon paprika
- 2 cups rice long-grain (bonnet, par-boiled)
- 0.5 cup vermicelli (2 or 3 nests)
- 6 servings salt

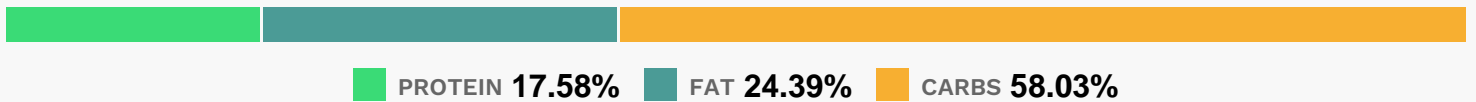
Equipment

- pot

Directions

- Cut chicken into small pieces.2 Put olive oil, into large heavy pot over low heat.3
- Add chicken, chopped onion and the allspice, paprika, coriander, cumin and pepper.4 Stir, cover and cook until the chicken and onion has softened.5
- Add rice, stock cubes, 4 1/2 cups of hot water and salt to taste.6 Cover and simmer until the rice is almost cooked.7
- Saute vermicelli in the 2 tbs of butter until it separates and is golden brown.8 Tip vermicelli into rice and add currants and chopped almonds.9 Turn off hotplate, put a teatowel over the pot, cover with lid and allow to steam for 10 minutes.10 Fluff rice with fork and serve.11 NOTE: This recipe can be easily made vegetarian if you substitute vegetable stock cubes instead of chicken and omit the chicken breast entirely.

Nutrition Facts



Properties

Glycemic Index:53.36, Glycemic Load:41.6, Inflammation Score:-4, Nutrition Score:14.896087086719%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 548.85kcal (27.44%), Fat: 14.82g (22.79%), Saturated Fat: 3.87g (24.18%), Carbohydrates: 79.31g (26.44%), Net Carbohydrates: 76.21g (27.71%), Sugar: 8.91g (9.9%), Cholesterol: 58.42mg (19.47%), Sodium: 675.27mg (29.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.03g (48.05%), Selenium: 37.03µg (52.9%), Vitamin B3: 9.18mg (45.88%), Manganese: 0.89mg (44.72%), Vitamin B6: 0.73mg (36.65%), Phosphorus: 282.35mg (28.23%), Vitamin B5: 1.76mg (17.56%), Potassium: 493.76mg (14.11%), Fiber: 3.1g (12.4%), Magnesium: 46.28mg (11.57%), Copper: 0.22mg (11.04%), Iron: 1.84mg (10.23%), Zinc: 1.36mg (9.08%), Vitamin B1: 0.13mg (8.64%), Vitamin B2: 0.14mg (8.33%), Calcium: 67.76mg (6.78%), Vitamin E: 0.92mg (6.14%), Vitamin A: 236.71IU (4.73%), Vitamin C: 2.93mg (3.56%), Folate: 13.99µg (3.5%), Vitamin K: 3.52µg (3.35%), Vitamin B12: 0.16µg (2.71%)