



WHATSheATE



HEALTH SCORE

90%

Guinea fowl tagine with chickpeas, squash & apricots



Dairy Free



Very Healthy

READY IN



100 min.

SERVINGS



6

CALORIES



990 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp olive oil
- ☐ 2 fowl (ask your butcher to do this or see our video on how to joint a chicken, in 'Try', below)
- ☐ 2 onion roughly chopped
- ☐ 2 garlic clove chopped
- ☐ 1 butternut squash
- ☐ 1 tbsp ras el hanout spice mix
- ☐ 1 tsp ground cumin

- ☐ 1 tsp ground coriander
- ☐ 0.3 tsp ground ginger
- ☐ 1 large cinnamon sticks
- ☐ 1 tablespoon clear honey
- ☐ 1 large pinch saffron threads boiling
- ☐ 1 juice of lemon
- ☐ 850 ml chicken stock see
- ☐ 400 g chickpeas drained and rinsed canned
- ☐ 200 g apricot dried
- ☐ 1 small bunch cilantro leaves fresh
- ☐ 6 servings couscous

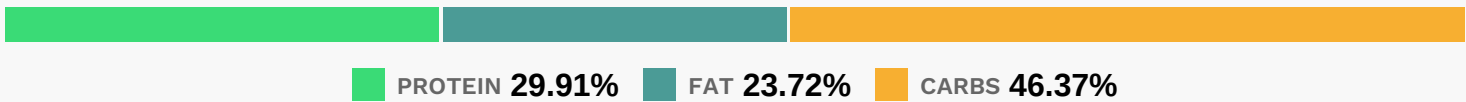
Equipment

- ☐ casserole dish

Directions

- ☐ Heat the oil in a large, shallow flameproof casserole dish. Season the guinea fowl pieces and brown them in batches, if necessary then remove to a plate.Fry the onions in the same dish until softened, then add the garlic and squash, cooking for 1–2 mins. Tip in the spices and cook for a few mins before adding the honey, saffron and lemon juice.
- ☐ Pour in the chicken stock and the chickpeas.Submerge the guinea fowl pieces in the stock and add the apricots. Cover the dish and simmer everything very gently for 50 mins–1 hr, until the fowl and squash are both tender. Stir through the coriander and serve with couscous or rice.

Nutrition Facts



Properties

Glycemic Index:58.4, Glycemic Load:41.13, Inflammation Score:-10, Nutrition Score:45.25565259353%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg, Quercetin: 8.18mg

Nutrients (% of daily need)

Calories: 990.33kcal (49.52%), Fat: 26.21g (40.33%), Saturated Fat: 5.83g (36.41%), Carbohydrates: 115.29g (38.43%), Net Carbohydrates: 100.65g (36.6%), Sugar: 30.65g (34.06%), Cholesterol: 174.51mg (58.17%), Sodium: 382.35mg (16.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 74.37g (148.73%), Vitamin A: 14834.04IU (296.68%), Vitamin B3: 24.93mg (124.66%), Manganese: 1.8mg (90.16%), Vitamin B6: 1.44mg (71.79%), Phosphorus: 691.01mg (69.1%), Selenium: 45.04µg (64.34%), Fiber: 14.64g (58.56%), Potassium: 1813.82mg (51.82%), Folate: 193.79µg (48.45%), Magnesium: 178.42mg (44.61%), Vitamin C: 36.2mg (43.88%), Iron: 7.41mg (41.16%), Copper: 0.8mg (40.22%), Vitamin B5: 3.73mg (37.33%), Vitamin B1: 0.52mg (34.65%), Zinc: 4.81mg (32.06%), Vitamin E: 4.75mg (31.69%), Vitamin B2: 0.52mg (30.52%), Calcium: 191.69mg (19.17%), Vitamin K: 19.25µg (18.34%), Vitamin B12: 0.78µg (13.03%)