



Moroccan B'stella

READY IN



80 min.

SERVINGS



7

CALORIES



696 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup almonds crushed (roasted and)
- 0.5 teaspoon pepper black
- 0.3 lb butter melted
- 4 small chicken breast chopped (the Moroccans use squab)
- 0.1 cup cilantro leaves finely chopped ()
- 0.5 teaspoon cinnamon
- 1 tablespoon cinnamon
- 6 salt with a pinch of salt beaten
- 2 ounces olive oil extra virgin

- 0.5 teaspoon ginger
- 1.5 teaspoons granulated sugar
- 1 pinch nutmeg
- 1 onion finely chopped
- 0.3 cup parsley finely chopped ()
- 16 ounce dough
- 0.5 cup powdered sugar
- 1 pinch saffron threads (optional spice)
- 0.3 teaspoon salt
- 0.5 teaspoon sugar
- 2 cups water

Equipment

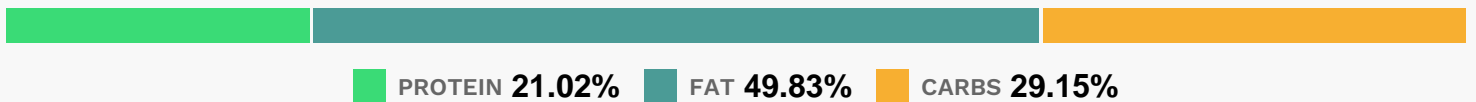
- bowl
- frying pan
- oven
- baking pan
- colander

Directions

- Heat olive oil in pan, then add onions, chicken pieces, parsley, cilantro, black pepper, saffron, ginger, cinnamon, nutmeg, clove, and salt. Stir well and add the 2 cups of water. Cover with a lid and cook for 20 minutes.
- Remove the chicken from pan and set aside. Allow the sauce to cool slightly then add the beaten eggs to the sauce in the pan. Cook the eggs with the sauce stirring continually so eggs won't stick. When eggs are cooked, remove the pan from the heat and drain the eggs well in a colander. Set the eggs aside to cool. Open the phyllo and cover with a damp towel so it will not dry out. Take an 8-10 inch round baking pan/dish and cover generously with butter. Very gently, spread 5 sheets of phyllo dough alternately criss-cross over the pan, leaving some phyllo dough draped around the edges of the pan.
- Add another sheet of phyllo crunched in the middle of the pan.

- Mix together the 1/2 teaspoon cinnamon & 1/2 teaspoon sugar in a small bowl.
- Pour some of the cinnamon sugar all around the phyllo. Then, add 1/2 of the roasted crushed almonds. Cover with 3 more layers of phyllo and pour on 1/2 of the eggs with half of the chicken. Cover again with 3 layers of phyllo and sprinkle with the remaining cinnamon sugar and almonds. Cover with 3 layers of phyllo and pour on the rest of the eggs and the chicken. Cover with 2 layers of crunched phyllo and close the draping edges very gently like a rose, without pushing, it needs to be very fluffy.
- Pour the melted butter over the phyllo and bake in a preheated 350 degree oven for about 10 to 15 minutes, until golden brown. Turn the pan upside down onto a large platter.
- Mix together remaining cinnamon and sugar.
- Garnish with powdered sugar and make a design with the mixture of cinnamon and sugar if desired.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:75.17, Glycemic Load:13.89, Inflammation Score:-8, Nutrition Score:28.914782415266%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 4.63mg, Apigenin: 4.63mg, Apigenin: 4.63mg, Apigenin: 4.63mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg, Isorhamnetin: 1.33mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg, Quercetin: 3.42mg

Nutrients (% of daily need)

Calories: 696.29kcal (34.81%), Fat: 38.78g (59.66%), Saturated Fat: 11.96g (74.74%), Carbohydrates: 51.04g (17.01%), Net Carbohydrates: 46.16g (16.78%), Sugar: 11.3g (12.55%), Cholesterol: 117.48mg (39.16%), Sodium: 988.31mg (42.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.81g (73.61%), Vitamin B3: 16.93mg (84.63%), Selenium: 57.62µg (82.31%), Manganese: 1.07mg (53.51%), Vitamin B6: 1.04mg (51.97%), Vitamin E: 7.13mg

(47.51%), Phosphorus: 429.31mg (42.93%), Vitamin K: 44.61µg (42.49%), Vitamin B2: 0.6mg (35.18%), Vitamin B1: 0.49mg (32.41%), Magnesium: 103.54mg (25.88%), Vitamin B5: 2.19mg (21.86%), Potassium: 724.73mg (20.71%), Iron: 3.67mg (20.4%), Folate: 78.32µg (19.58%), Fiber: 4.88g (19.53%), Copper: 0.34mg (17.03%), Vitamin A: 648.64IU (12.97%), Zinc: 1.81mg (12.05%), Calcium: 95.46mg (9.55%), Vitamin C: 5.71mg (6.92%), Vitamin B12: 0.29µg (4.76%)