



 17%  
HEALTH SCORE

## Moroccan Chicken

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



4

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 14.5 ounce canned tomatoes canned
- 4 strips.
- 4 strips.
- 0.3 teaspoon ground allspice
- 4 servings pepper black freshly ground to taste
- 2 tablespoons olive oil
- 0.5 medium onion chopped
- 0.5 cup orange juice

- 0.5 cup parsley chopped
- 6 prune- cut to pieces dried diced pitted (prunes)
- 1.3 cups water boiling
- 1 cup frangelico plain dry
- 1 cup frangelico plain dry

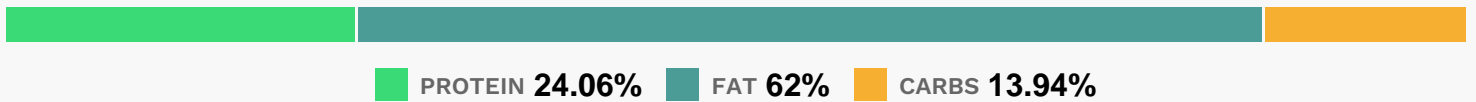
## Equipment

- frying pan

## Directions

- Heat the oil in a large skillet over medium-high heat.
- Add the chicken and brown on one side. Turn and add the onion; continue cooking until the onion and chicken are browned.
- Drain the excess fat. Stir in the tomatoes, juice, dried plums, allspice, salt and pepper, to taste. Cover and cook 5 minutes over medium heat.
- Uncover and simmer about 10 minutes, until the sauce thickens and the chicken is done; turning the chicken and stirring the sauce occasionally.
- Meanwhile combine the boiling water and the tabbouleh. Cover and rest for 5 minutes.
- Add the parsley to the tabbouleh, and season to taste with salt and pepper.
- Serve the chicken and sauce on a bed of the tabbouleh.

## Nutrition Facts



## Properties

Glycemic Index:56.25, Glycemic Load:6.6, Inflammation Score:-8, Nutrition Score:28.565217546795%

## Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg

16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

## **Nutrients (% of daily need)**

Calories: 648.44kcal (32.42%), Fat: 45.03g (69.28%), Saturated Fat: 11.17g (69.8%), Carbohydrates: 22.78g (7.59%), Net Carbohydrates: 19.17g (6.97%), Sugar: 13.49g (14.99%), Cholesterol: 221.48mg (73.83%), Sodium: 319.23mg (13.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.32g (78.65%), Vitamin K: 146.58µg (139.6%), Selenium: 43.04µg (61.48%), Vitamin B3: 12.28mg (61.38%), Vitamin B6: 1mg (49.81%), Vitamin C: 36.09mg (43.74%), Phosphorus: 414.22mg (41.42%), Potassium: 1000.54mg (28.59%), Vitamin B5: 2.75mg (27.52%), Vitamin A: 1209.68IU (24.19%), Vitamin B12: 1.45µg (24.11%), Vitamin B2: 0.4mg (23.55%), Zinc: 3.3mg (21.99%), Iron: 3.6mg (20.02%), Magnesium: 79.31mg (19.83%), Vitamin B1: 0.29mg (19.52%), Copper: 0.39mg (19.51%), Vitamin E: 2.9mg (19.36%), Manganese: 0.32mg (15.98%), Fiber: 3.61g (14.45%), Folate: 44.11µg (11.03%), Calcium: 80.1mg (8.01%), Vitamin D: 0.23µg (1.51%)