



Moroccan Chicken



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chickpeas canned drained
- ☐ 2 carrots sliced
- ☐ 2 stalks celery sliced
- ☐ 1 pound rotisserie chicken breast meat boneless skinless cubed
- ☐ 1.5 cups chicken broth
- ☐ 1 tablespoon ginger root fresh minced
- ☐ 2 cloves garlic chopped
- ☐ 0.3 teaspoon ground pepper

- ☐ 0.8 teaspoon ground cumin
- ☐ 0.3 teaspoon ground turmeric
- ☐ 1 tablespoon juice of lemon
- ☐ 1 onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 teaspoon paprika
- ☐ 2 teaspoons salt
- ☐ 1 cup tomatoes crushed
- ☐ 1 zucchini sliced

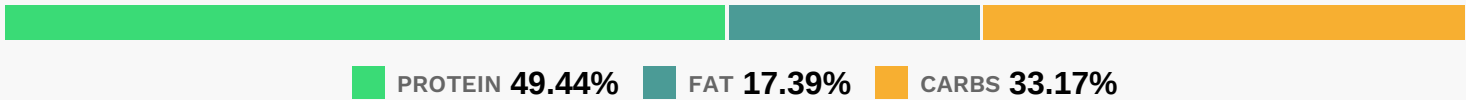
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Season chicken with salt and brown in a large saucepan over medium heat until almost cooked through.
- ☐ Remove chicken from pan and set aside.
- ☐ Saute onion, garlic, carrots and celery in same pan. When tender, stir in ginger, paprika, cumin, oregano, cayenne pepper and turmeric; stir fry for about 1 minute, then mix in broth and tomatoes. Return chicken to pan, reduce heat to low and simmer for about 10 minutes.
- ☐ Add chickpeas and zucchini to pan and bring to simmering once again; cover pan and cook for about 15 minutes, or until zucchini is cooked through and tender. Stir in lemon juice and serve.

Nutrition Facts



Properties

Glycemic Index:76.54, Glycemic Load:4.73, Inflammation Score:-10, Nutrition Score:26.383912801743%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 232.71kcal (11.64%), Fat: 4.57g (7.03%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 14.17g (5.15%), Sugar: 7.35g (8.16%), Cholesterol: 74.34mg (24.78%), Sodium: 1858.6mg (80.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.25g (58.51%), Vitamin A: 5640.21IU (112.8%), Vitamin B3: 13.53mg (67.64%), Vitamin B6: 1.34mg (67.09%), Selenium: 38.46µg (54.95%), Manganese: 0.76mg (38.19%), Phosphorus: 342.81mg (34.28%), Potassium: 1027.99mg (29.37%), Vitamin C: 22.36mg (27.11%), Vitamin B5: 2.21mg (22.07%), Fiber: 5.46g (21.82%), Magnesium: 75.27mg (18.82%), Vitamin B2: 0.3mg (17.38%), Vitamin K: 17.46µg (16.62%), Iron: 2.65mg (14.7%), Copper: 0.29mg (14.62%), Vitamin B1: 0.22mg (14.48%), Folate: 54.55µg (13.64%), Zinc: 1.54mg (10.27%), Vitamin E: 1.51mg (10.07%), Calcium: 88.75mg (8.88%), Vitamin B12: 0.24µg (4.07%)