



Moroccan Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 small skinned and boned chicken breast halves cut into 1-inch cubes
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup olives ripe sliced
- ☐ 0.5 cup raisins
- ☐ 3 cups salsa

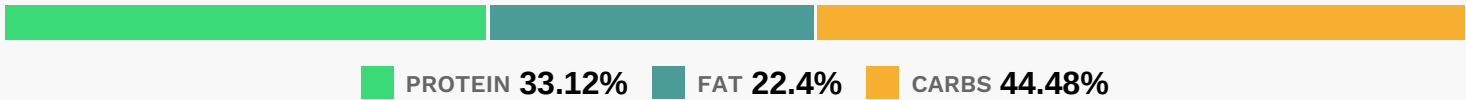
Equipment

☐ dutch oven

Directions

☐ Cook chicken in hot oil in a Dutch oven over medium-high heat 5 minutes or until chicken is done. Stir in remaining ingredients. Reduce heat to low, and simmer 15 minutes.

Nutrition Facts



Properties

Glycemic Index:30.27, Glycemic Load:12.16, Inflammation Score:-7, Nutrition Score:19.899565199147%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 316.29kcal (15.81%), Fat: 8.25g (12.69%), Saturated Fat: 1.37g (8.59%), Carbohydrates: 36.86g (12.29%), Net Carbohydrates: 31.52g (11.46%), Sugar: 16.11g (17.9%), Cholesterol: 72.32mg (24.11%), Sodium: 1547.94mg (67.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.44g (54.88%), Vitamin B3: 14.22mg (71.11%), Vitamin B6: 1.23mg (61.53%), Selenium: 38.21µg (54.59%), Phosphorus: 315.62mg (31.56%), Potassium: 1086.4mg (31.04%), Vitamin E: 3.44mg (22.93%), Fiber: 5.33g (21.33%), Vitamin B5: 2.02mg (20.23%), Vitamin A: 1007.71IU (20.15%), Manganese: 0.39mg (19.49%), Magnesium: 66.42mg (16.61%), Vitamin B2: 0.21mg (12.59%), Copper: 0.23mg (11.49%), Iron: 2.02mg (11.22%), Vitamin B1: 0.16mg (10.95%), Vitamin K: 10.81µg (10.3%), Calcium: 77.71mg (7.77%), Zinc: 1.13mg (7.5%), Vitamin C: 6.13mg (7.43%), Vitamin B12: 0.23µg (3.77%), Folate: 13.38µg (3.35%)