



Moroccan Chicken and Carrots



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup marcona almonds whole toasted
- ☐ 1 pound regular carrots peeled cut into thirds diagonally
- ☐ 4 chicken thighs
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.5 teaspoon coriander
- ☐ 0.5 cup golden raisins
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 teaspoon kosher salt divided

☐ 3 tablespoons olive oil divided

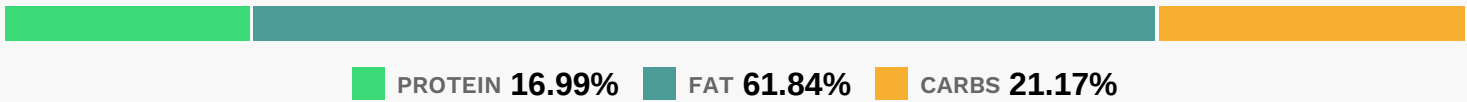
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ In a medium bowl, mix chicken with 2 tbsp. oil, the spices, and 1/2 tsp. salt.
- ☐ Heat remaining 1 tbsp. oil in a large ovenproof frying pan or cast-iron skillet over medium-high heat. Cook chicken skin side down until skin is crisped, about 4 minutes; transfer to a plate.
- ☐ Add carrots to pan and cook, stirring often, until starting to soften, about 4 minutes.
- ☐ Add raisins, almonds, and remaining 1/2 tsp. salt. Set chicken skin side up on top of carrots.
- ☐ Roast until carrots are browned and chicken is cooked through, about 20 minutes.
- ☐ *Rainbow carrots, sold at farmers' markets and some supermarkets, taste just like regular carrots but add a mix of bright colors.

Nutrition Facts



Properties

Glycemic Index:38.88, Glycemic Load:11.53, Inflammation Score:-10, Nutrition Score:24.049565522567%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg, Isorhamnetin: 0.47mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg

Myricetin: 0.05mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 546.57kcal (27.33%), Fat: 38.6g (59.39%), Saturated Fat: 7.26g (45.35%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 23.44g (8.52%), Sugar: 16.89g (18.77%), Cholesterol: 110.74mg (36.91%), Sodium: 749.64mg (32.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.86g (47.73%), Vitamin A: 19037.36IU (380.75%), Vitamin E: 7.11mg (47.4%), Vitamin B3: 7.23mg (36.16%), Manganese: 0.7mg (34.9%), Phosphorus: 326.47mg (32.65%), Selenium: 22.13µg (31.61%), Vitamin B6: 0.63mg (31.43%), Vitamin B2: 0.45mg (26.72%), Fiber: 6.29g (25.18%), Potassium: 866.6mg (24.76%), Vitamin K: 24.43µg (23.26%), Magnesium: 90.77mg (22.69%), Copper: 0.36mg (18.1%), Vitamin B5: 1.57mg (15.68%), Zinc: 2.32mg (15.46%), Vitamin B1: 0.2mg (13.21%), Iron: 2.34mg (12.98%), Vitamin B12: 0.72µg (12.05%), Calcium: 109.46mg (10.95%), Vitamin C: 7.3mg (8.85%), Folate: 33.39µg (8.35%)