



Moroccan Chicken and Lentils

 Dairy Free

READY IN



302 min.

SERVINGS



6

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce baby carrots
- ☐ 1.5 pounds chicken breast tenders frozen
- ☐ 28.5 ounce chicken broth fat-free reduced-sodium canned
- ☐ 2 tablespoons garlic minced
- ☐ 1.5 cups lentils uncooked
- ☐ 2 teaspoons moroccan rub red salt-free or
- ☐ 0.8 teaspoon salt

Equipment

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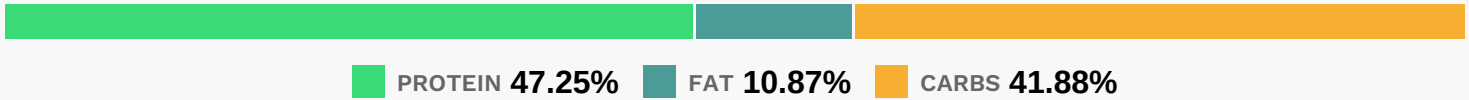
slow cooker

Directions

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Place all ingredients, in order listed, in a 4- or 5-quart electric slow cooker. Cover and cook on high setting 5 hours. Or, cover and cook on high setting 1 hour; reduce to low setting, and cook 7 hours.

Nutrition Facts



Properties

Glycemic Index:14.43, Glycemic Load:3.8, Inflammation Score:-10, Nutrition Score:32.0699999912511%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 323.42kcal (16.17%), Fat: 3.85g (5.93%), Saturated Fat: 0.75g (4.69%), Carbohydrates: 33.4g (11.13%), Net Carbohydrates: 17.43g (6.34%), Sugar: 3.07g (3.41%), Cholesterol: 72.57mg (24.19%), Sodium: 1006mg (43.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.68g (75.35%), Vitamin A: 5542.91IU (110.86%), Vitamin B3: 14.12mg (70.58%), Fiber: 15.97g (63.89%), Selenium: 44.01µg (62.87%), Folate: 246.79µg (61.7%), Vitamin B6: 1.22mg (60.82%), Phosphorus: 486.05mg (48.6%), Manganese: 0.79mg (39.3%), Vitamin B1: 0.52mg (34.66%), Vitamin B5: 2.97mg (29.72%), Potassium: 1032.14mg (29.49%), Iron: 4.66mg (25.91%), Magnesium: 94.86mg (23.71%), Zinc: 3.09mg (20.61%), Copper: 0.35mg (17.69%), Vitamin B2: 0.27mg (15.62%), Vitamin B12: 0.5µg (8.27%), Vitamin C: 5.8mg (7.03%), Vitamin K: 6.76µg (6.44%), Calcium: 56.03mg (5.6%), Vitamin E: 0.65mg (4.34%)