



WHATSheATE



Moroccan Chicken and Potato Salad with Olives



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



495 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup olives black such as kalamata, halved and pitted
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 teaspoon ground ginger
- ☐ 4 servings fresh-ground pepper black
- ☐ 1.5 tablespoons juice of lemon
- ☐ 7 tablespoons olive oil

- ☐ 0.3 teaspoon oregano dried
- ☐ 1 teaspoon paprika
- ☐ 1.5 pounds potatoes boiling (5)
- ☐ 0.5 onion red chopped fine
- ☐ 1 teaspoon salt
- ☐ 1 pound chicken breasts boneless skinless (3)

Equipment

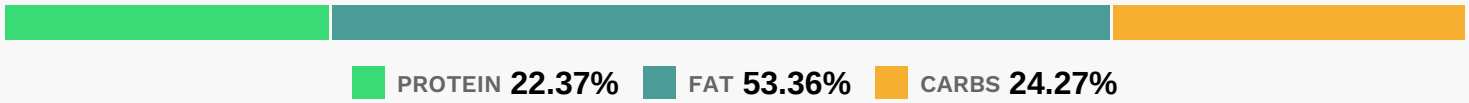
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Put the potatoes in a medium saucepan with salted water to cover and bring to a boil. Reduce the heat and cook at a gentle boil until tender, about 25 minutes.
- ☐ Drain the potatoes. When they are cool enough to handle, peel the potatoes and cut into 1/4-inch slices.
- ☐ Meanwhile, in a small glass or stainless-steel bowl, whisk together the lemon juice, cumin, paprika, 3/4 teaspoon of the salt, 1/4 teaspoon pepper, the ginger, and the oregano.
- ☐ Whisk in 6 tablespoons of the oil.
- ☐ Heat a grill pan or a heavy frying pan over moderate heat. For the grill pan, coat the chicken with the remaining 1 tablespoon oil; sprinkle with the remaining 1/4 teaspoon salt and 1/8 teaspoon pepper. Cook the chicken for 5 minutes. Turn and cook until browned and just done, about 4 minutes longer.
- ☐ Remove, and when cool enough to handle, cut the chicken into 1/4-inch slices. For the frying pan, heat the oil in the pan and then season, cook, and slice the chicken in the same way.
- ☐ In a large bowl, combine the warm potatoes with half of the dressing.
- ☐ Add the chicken, onion, olives, parsley, and the remaining dressing and toss.

Wine Recommendation: This dish would be wonderful with a well-chilled bottle of ros, which will refresh the palate without interfering with the salads flavors. Look for a bottle from Bandol, Cassis, or elsewhere in the South of France.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:0.39, Inflammation Score:-8, Nutrition Score:26.304347929747%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg 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: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg, Quercetin: 3.94mg

Nutrients (% of daily need)

Calories: 494.96kcal (24.75%), Fat: 29.67g (45.65%), Saturated Fat: 4.35g (27.22%), Carbohydrates: 30.36g (10.12%), Net Carbohydrates: 26.27g (9.55%), Sugar: 3.12g (3.46%), Cholesterol: 72.57mg (24.19%), Sodium: 925.59mg (40.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.99g (55.98%), Vitamin K: 144.49µg (137.61%), Vitamin B3: 14.02mg (70.1%), Vitamin B6: 1.18mg (59.16%), Selenium: 37.46µg (53.51%), Potassium: 1290.92mg (36.88%), Phosphorus: 355.75mg (35.58%), Vitamin C: 29.21mg (35.4%), Vitamin E: 4.44mg (29.62%), Vitamin B5: 2.16mg (21.63%), Vitamin A: 977.88IU (19.56%), Magnesium: 77.12mg (19.28%), Manganese: 0.37mg (18.7%), Fiber: 4.08g (16.34%), Iron: 2.87mg (15.97%), Vitamin B1: 0.23mg (15.47%), Copper: 0.3mg (15.03%), Folate: 51.25µg (12.81%), Vitamin B2: 0.19mg (11.04%), Zinc: 1.39mg (9.24%), Calcium: 51.37mg (5.14%), Vitamin B12: 0.23µg (3.78%)