



Moroccan Chicken and Whole Grain Couscous

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



846 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 16 ounce garbanzo beans canned
- 16 ounce canned tomatoes crushed canned
- 2 carrots cut into 1/2 inch pieces
- 48 fluid ounce chicken broth canned
- 0.5 teaspoon cinnamon
- 0.3 teaspoon ground pepper
- 1 teaspoon turmeric dried

- 1 medium onion chopped
- 6 servings salt to taste
- 6 chicken breast halves boneless skinless chopped
- 1 tablespoon vegetable oil
- 1 cup couscous whole wheat
- 1 zucchini cut into 1/2-inch pieces

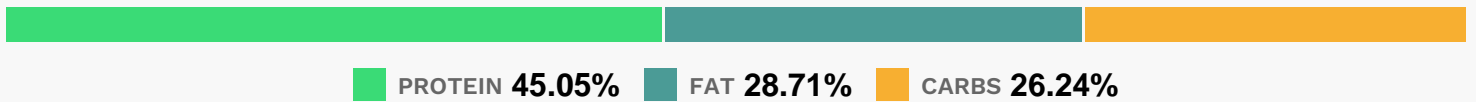
Equipment

- pot

Directions

- Prepare the couscous according to package directions.
- Heat the oil in a large pot over medium heat, and cook onion until tender.
- Mix in bay leaves, cloves, cinnamon, turmeric, and cayenne pepper.
- Place chicken in the pot, and cook until well browned.
- Pour garbanzo beans, tomatoes, and broth into the pot, and bring to a boil. Reduce heat to low, and simmer 25 minutes.
- Mix carrots and zucchini into pot. Season with salt. Continue cooking 10 minutes, or until vegetables are tender.
- Serve stew over cooked couscous.

Nutrition Facts



Properties

Glycemic Index:34.86, Glycemic Load:5.46, Inflammation Score:-10, Nutrition Score:38.769130209218%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:

3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg

Nutrients (% of daily need)

Calories: 845.67kcal (42.28%), Fat: 26.95g (41.47%), Saturated Fat: 6.55g (40.93%), Carbohydrates: 55.45g (18.48%), Net Carbohydrates: 45.83g (16.67%), Sugar: 6.6g (7.33%), Cholesterol: 190.6mg (63.53%), Sodium: 1792.6mg (77.94%), Alcohol: Og (100%), Protein: 95.16g (190.32%), Selenium: 81.86µg (116.94%), Vitamin B3: 18.88mg (94.41%), Vitamin B6: 1.88mg (93.95%), Vitamin A: 4126.3IU (82.53%), Phosphorus: 710.04mg (71%), Zinc: 7.5mg (50.01%), Manganese: 0.94mg (47.22%), Vitamin B12: 2.59µg (43.19%), Iron: 7.05mg (39.15%), Fiber: 9.62g (38.48%), Potassium: 1298.53mg (37.1%), Magnesium: 120.93mg (30.23%), Vitamin B2: 0.45mg (26.44%), Copper: 0.44mg (21.98%), Vitamin B5: 2.19mg (21.92%), Vitamin C: 16.96mg (20.56%), Vitamin K: 18.17µg (17.3%), Vitamin E: 2.32mg (15.45%), Folate: 53.45µg (13.36%), Vitamin B1: 0.19mg (12.71%), Calcium: 123.69mg (12.37%), Vitamin D: 0.35µg (2.33%)