



Moroccan Chicken Sann



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



725 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 apricot halves dried
- ☐ 1.5 cups brown rice uncooked
- ☐ 3 pounds cut up chicken pieces
- ☐ 2 teaspoons curry powder
- ☐ 1 clove garlic pressed
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon ground pepper black
- ☐ 0.5 teaspoon ground thyme

- ☐ 0.5 cup honey
- ☐ 0.5 cup juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 8 prune- cut to pieces pitted
- ☐ 0.5 cup cooking sherry
- ☐ 0.5 cup soya sauce
- ☐ 3 cups water

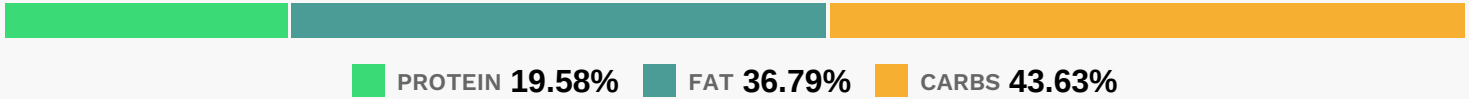
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Whisk together the soy sauce, lemon juice, sherry, honey, thyme, curry powder, dried oregano, ground ginger, ground black pepper, and garlic.
- ☐ Place the marinade with the chicken into a resealable bag, and marinate for at least 30 minutes or up to 24 hours.
- ☐ Bring the brown rice and water to a boil in a saucepan over high heat. Reduce the heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 45 to 50 minutes.
- ☐ Heat the olive oil in a large skillet over medium-high heat, and cook the chicken pieces until browned on all sides.
- ☐ Sprinkle the chicken with prunes and apricots; pour the marinade into the skillet. Bring to a simmer, cover, and cook for 30 minutes. Uncover and simmer until the sauce is slightly thickened, the chicken is no longer pink at the bone, and the juices run clear, about 15 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).
- ☐ Serve over the brown rice.

Nutrition Facts



Properties

Glycemic Index:45.9, Glycemic Load:36.91, Inflammation Score:-8, Nutrition Score:24.333913036015%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 3.02mg, Hesperetin: 3.02mg, Hesperetin: 3.02mg, Hesperetin: 3.02mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 725.4kcal (36.27%), Fat: 29.46g (45.32%), Saturated Fat: 7.6g (47.48%), Carbohydrates: 78.6g (26.2%), Net Carbohydrates: 74.59g (27.12%), Sugar: 35.04g (38.93%), Cholesterol: 115.67mg (38.56%), Sodium: 1200.09mg (52.18%), Alcohol: 2.06g (100%), Alcohol %: 0.6% (100%), Protein: 35.27g (70.55%), Manganese: 2.15mg (107.28%), Vitamin B3: 13.96mg (69.78%), Vitamin B6: 0.91mg (45.33%), Phosphorus: 404.42mg (40.44%), Selenium: 23.2µg (33.14%), Magnesium: 123.44mg (30.86%), Vitamin B5: 2.36mg (23.59%), Zinc: 3.32mg (22.15%), Potassium: 750.46mg (21.44%), Vitamin B1: 0.32mg (21.2%), Iron: 3.75mg (20.81%), Copper: 0.35mg (17.53%), Vitamin B2: 0.29mg (16.97%), Vitamin K: 16.88µg (16.08%), Fiber: 4.01g (16.05%), Vitamin A: 719.27IU (14.39%), Vitamin C: 10.94mg (13.26%), Vitamin E: 1.87mg (12.47%), Vitamin B12: 0.48µg (7.97%), Folate: 30.38µg (7.59%), Calcium: 65.67mg (6.57%), Vitamin D: 0.31µg (2.06%)