



## Moroccan Chicken Stew

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons almonds toasted sliced
- 4 cups couscous hot cooked
- 0.5 teaspoon ground cinnamon
- 1.5 teaspoons ground cumin
- 1.5 teaspoons ground ginger
- 1 teaspoon ground turmeric
- 0.5 cup low-salt chicken broth
- 1 tablespoon olive oil

- 1.5 cups onion coarsely chopped
- 0.3 teaspoon pepper
- 4.5 ounces bite-size prunes pitted
- 0.5 teaspoon salt
- 0.8 pound skinned cut into 1/2-inch strips
- 1.5 cups water divided

## Equipment

- frying pan
- sauce pan
- ziploc bags

## Directions

- Place first 3 ingredients in a large zip-top heavy-duty plastic bag.
- Add chicken; seal bag, and shake to coat. Chill 1 hour.
- Combine 1 cup water and the prunes in a medium saucepan; bring to a boil.
- Remove from heat; cover and let stand 1 hour.
- Drain prunes, reserving 1/4 cup cooking liquid.
- Coat a nonstick skillet with cooking spray; add oil.
- Place over medium heat until hot.
- Add ginger, turmeric, and cinnamon; cook 1 minute, stirring constantly.
- Add onion, and saut 8 minutes.
- Add chicken, remaining 1/2 cup water, prunes, reserved 1/4 cup cooking liquid, and chicken broth; bring to a boil. Reduce heat, and simmer, uncovered, 10 minutes or until chicken is done.
- Place couscous on a serving platter; top with chicken mixture, and sprinkle with almonds.

## Nutrition Facts



## Properties

Glycemic Index:44.5, Glycemic Load:28.87, Inflammation Score:-10, Nutrition Score:22.568260848522%

## Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.2mg, Isorhamnetin: 3.2mg, Isorhamnetin: 3.2mg, Isorhamnetin: 3.2mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 12.78mg, Quercetin: 12.78mg, Quercetin: 12.78mg, Quercetin: 12.78mg

## Nutrients (% of daily need)

Calories: 460.45kcal (23.02%), Fat: 10.31g (15.86%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 65.89g (21.96%), Net Carbohydrates: 59.01g (21.46%), Sugar: 15.28g (16.98%), Cholesterol: 54.43mg (18.14%), Sodium: 415.36mg (18.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.8g (55.61%), Selenium: 71.59µg (102.27%), Vitamin B3: 11.9mg (59.48%), Vitamin B6: 0.89mg (44.27%), Manganese: 0.86mg (43.15%), Phosphorus: 304.17mg (30.42%), Fiber: 6.87g (27.5%), Potassium: 845.91mg (24.17%), Vitamin K: 22.05µg (21%), Vitamin B5: 2.04mg (20.44%), Magnesium: 80.87mg (20.22%), Vitamin E: 2.99mg (19.91%), Vitamin B2: 0.3mg (17.8%), Copper: 0.32mg (16.13%), Vitamin B1: 0.22mg (14.57%), Iron: 2.58mg (14.35%), Folate: 43.33µg (10.83%), Zinc: 1.51mg (10.05%), Calcium: 80.37mg (8.04%), Vitamin C: 5.85mg (7.1%), Vitamin A: 287.05IU (5.74%), Vitamin B12: 0.2µg (3.33%)