 **48%**
HEALTH SCORE

Moroccan Chicken Tagine

 Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



733 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

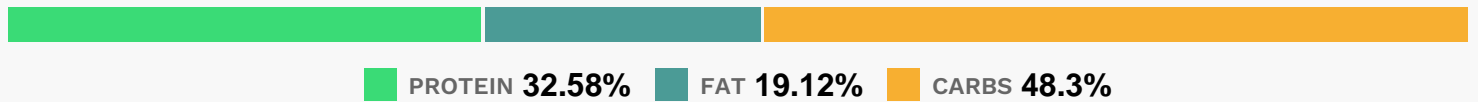
Ingredients

- 0.5 teaspoon pepper black
- 15.5 ounce garbanzo beans drained canned (garbanzo beans)
- 10.5 ounce chicken broth low sodium canned
- 4 cups couscous hot cooked
- 5 teaspoons coriander seeds
- 5 teaspoons cumin seeds
- 1.3 teaspoons ground cinnamon
- 2.5 teaspoons ground ginger

- 5 teaspoons nutmeg
- 1.3 teaspoons ground pepper red
- 1 teaspoon olive oil
- 2 lbs onion vertically sliced
- 0.3 cup raisins
- 0.5 teaspoon salt
- 2 lbs chicken thighs skinless
- 1.5 teaspoons sugar
- 2.5 teaspoons allspice whole

Equipment

Nutrition Facts



Properties

Glycemic Index:105.06, Glycemic Load:36.71, Inflammation Score:-9, Nutrition Score:39.99%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg, Isorhamnetin: 11.36mg Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg, Kaempferol: 1.47mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 46.04mg, Quercetin: 46.04mg, Quercetin: 46.04mg, Quercetin: 46.04mg

Nutrients (% of daily need)

Calories: 732.86kcal (36.64%), Fat: 15.8g (24.3%), Saturated Fat: 3.84g (23.98%), Carbohydrates: 89.8g (29.93%), Net Carbohydrates: 75.06g (27.3%), Sugar: 12.26g (13.62%), Cholesterol: 215.46mg (71.82%), Sodium: 848.23mg (36.88%), Protein: 60.57g (121.15%), Selenium: 99.52µg (142.17%), Manganese: 2.25mg (112.41%), Vitamin B6: 1.95mg (97.59%), Vitamin B3: 16.21mg (81.05%), Phosphorus: 677.66mg (67.77%), Fiber: 14.74g (58.96%), Iron: 7.37mg (40.95%), Potassium: 1427.28mg (40.78%), Vitamin B5: 3.93mg (39.27%), Magnesium: 151.1mg (37.77%), Zinc: 5.49mg (36.59%), Vitamin B2: 0.59mg (34.59%), Vitamin B1: 0.49mg (32.61%), Copper: 0.62mg (30.8%), Folate: 107.61µg (26.9%), Vitamin B12: 1.53µg (25.43%), Vitamin C: 19.89mg (24.11%), Calcium: 204.99mg (20.5%), Vitamin K: 9.49µg (9.04%), Vitamin A: 390.03IU (7.8%), Vitamin E: 1.09mg (7.26%)