



## Moroccan Chicken Tagine

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



960 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black
- 15.5 ounce chickpeas drained canned (garbanzo beans)
- 2 pounds chicken thighs
- 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 ground nutmeg
- 1.3 teaspoons ground pepper red
- 10.5 ounce low-salt chicken broth canned
- 1 teaspoon olive oil
- 2 pounds onion vertically sliced
- 0.3 cup raisins
- 0.5 teaspoon salt
- 1.5 teaspoons sugar
- 2.5 teaspoons allspice whole

## Equipment

- oven
- dutch oven

## Directions

- Place first 3 ingredients in a spice or coffee grinder; process until finely ground.
- Combine cumin mixture, nutmeg, ginger, red pepper, and cinnamon; set aside.
- Heat oil in a Dutch oven over medium heat.
- Add onion and salt; cover and cook 10 minutes.
- Add 1 teaspoon cumin mixture, sugar, and black pepper; cover and cook 15 minutes.
- Preheat oven to 37
- Add broth, and cook, uncovered, 30 minutes.
- Add raisins, chicken, and chickpeas; cover and bake chicken mixture at 375 for 30 minutes.
- Serve with couscous.
- Note: Store remaining cumin mixture in an airtight container for up to 6 months.

## Nutrition Facts



## Properties

Glycemic Index:105.06, Glycemic Load:36.71, Inflammation Score:-9, Nutrition Score:37.787390802218%

## 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: 959.66kcal (47.98%), Fat: 44.14g (67.91%), Saturated Fat: 11.66g (72.86%), Carbohydrates: 90.37g (30.12%), Net Carbohydrates: 75.63g (27.5%), Sugar: 12.26g (13.62%), Cholesterol: 222.26mg (74.09%), Sodium: 821.02mg (35.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.72g (107.45%), Selenium: 90.67µg (129.53%), Manganese: 2.25mg (112.41%), Vitamin B6: 1.72mg (86.02%), Vitamin B3: 14.08mg (70.38%), Phosphorus: 611.89mg (61.19%), Fiber: 14.74g (58.96%), Iron: 7.08mg (39.31%), Potassium: 1336.56mg (38.19%), Magnesium: 142.02mg (35.51%), Vitamin B5: 3.51mg (35.1%), Zinc: 4.88mg (32.51%), Copper: 0.6mg (30.24%), Vitamin B1: 0.45mg (30.19%), Vitamin B2: 0.49mg (28.58%), Folate: 105.34µg (26.34%), Vitamin B12: 1.53µg (25.43%), Vitamin C: 19.89mg (24.11%), Calcium: 202.72mg (20.27%), Vitamin A: 512.5IU (10.25%), Vitamin E: 1.16mg (7.71%), Vitamin K: 7.68µg (7.31%), Vitamin D: 0.23µg (1.51%)