



## Moroccan Chicken Tagine with Apricots

READY IN



215 min.

SERVINGS



15

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 chicken cut into 8 pieces
- ☐ 0.5 teaspoon cinnamon
- ☐ 1 teaspoon cumin
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1 cup olive green pitted halved
- ☐ 2 teaspoons juice of lemon
- ☐ 1.5 cups chicken broth low-sodium

- ☐ 1 small onion chopped
- ☐ 1 teaspoon paprika
- ☐ 1 pinch saffron threads dissolved in broth, optional crumbled
- ☐ 15 servings salt and pepper
- ☐ 0.3 cup slivered almonds toasted
- ☐ 2 tablespoons butter unsalted
- ☐ 2 tablespoons vegetable oil
- ☐ 10 apricot dried halved quartered

## Equipment

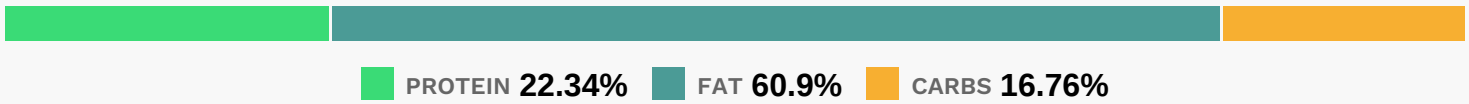
- ☐ bowl
- ☐ frying pan
- ☐ slow cooker

## Directions

- ☐ Rinse chicken with cool water and pat dry.
- ☐ Combine flour, 1/2 tsp. salt and 1/4 tsp. pepper in a shallow bowl. Dredge chicken in seasoned flour, shaking off excess.
- ☐ Melt butter with oil in a large skillet over medium heat. When foam subsides, cook chicken, turning often, until golden brown, about 10 minutes (work in batches if necessary).
- ☐ Transfer to a slow cooker.
- ☐ Pour off all but 1 Tbsp. of fat from skillet.
- ☐ Add onion to skillet and cook, stirring often, until slightly softened, about 2 minutes. (If pan begins to scorch, add some of the broth and continue stirring.)
- ☐ Add garlic; saut 1 minute longer. Stir in paprika, cumin and cinnamon and stir until fragrant, about 15 seconds (mixture will be dry).
- ☐ Pour in broth, increase heat to high and bring to a boil, stirring to pick up any browned bits. Boil until liquid is reduced by half, about 3 minutes.
- ☐ Pour mixture over chicken in slow cooker.

- ☐ Cover and cook on high for 2 1/2 to 3 hours or on low for 5 to 6 hours. About 1 hour before chicken is done, scatter apricots and olives over chicken and sprinkle with lemon juice. Season with salt and pepper.
- ☐ Transfer chicken to a serving platter and spoon pan juices with apricots and olives over and around chicken.
- ☐ Sprinkle with almonds.
- ☐ Garnish with parsley, if desired, and serve.

## Nutrition Facts



## Properties

Glycemic Index:20.16, Glycemic Load:3.45, Inflammation Score:-4, Nutrition Score:6.7839130370513%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## Nutrients (% of daily need)

Calories: 197.72kcal (9.89%), Fat: 13.52g (20.8%), Saturated Fat: 3.73g (23.33%), Carbohydrates: 8.37g (2.79%), Net Carbohydrates: 7.14g (2.6%), Sugar: 3.26g (3.62%), Cholesterol: 42.1mg (14.03%), Sodium: 378.55mg (16.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.32%), Vitamin B3: 4.28mg (21.42%), Selenium: 9.12µg (13.02%), Vitamin K: 13.44µg (12.8%), Vitamin B6: 0.21mg (10.49%), Phosphorus: 102.95mg (10.29%), Vitamin E: 1.43mg (9.55%), Vitamin A: 458.02IU (9.16%), Vitamin B2: 0.12mg (6.99%), Iron: 1.13mg (6.27%), Manganese: 0.13mg (6.25%), Potassium: 217.89mg (6.23%), Zinc: 0.83mg (5.55%), Vitamin B5: 0.54mg (5.35%), Magnesium: 20.56mg (5.14%), Vitamin B1: 0.07mg (4.97%), Fiber: 1.23g (4.91%), Copper: 0.1mg (4.84%), Folate: 14.25µg (3.56%), Vitamin B12: 0.18µg (3.07%), Vitamin C: 2.32mg (2.81%), Calcium: 24.97mg (2.5%)