



Moroccan Chicken Thighs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



268 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 15.5 ounce garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 7 ounce apricot dried halved ()
- ☐ 1.5 cups fat-skimmed beef broth fat-free
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 4 garlic clove minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground coriander

- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 2 pounds chicken thighs boneless skinless
- ☐ 2 cups onion yellow thinly sliced

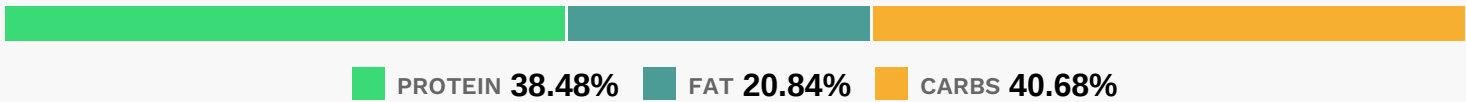
Equipment

- ☐ frying pan
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Heat olive oil in a large Dutch oven over medium-high heat.
- ☐ Add half of chicken to pan; cook 5 minutes, browning on all sides.
- ☐ Remove chicken from pan. Repeat procedure with remaining chicken.
- ☐ Add onion to pan; saut for 3 minutes or until tender.
- ☐ Add ginger and next 6 ingredients (through garlic); saut for 30 seconds or until fragrant. Stir in broth, scraping pan to loosen browned bits. Return chicken to pan; bring to a simmer. Cover, reduce heat, and simmer 1 hour or until chicken is tender.
- ☐ Remove chicken from pan with a slotted spoon; cool slightly.
- ☐ Cut chicken into bite-sized pieces.
- ☐ Add chicken, chickpeas, and apricots to pan. Cover and simmer 10 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:23.47, Glycemic Load:7.6, Inflammation Score:-7, Nutrition Score:16.905652274256%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 267.84kcal (13.39%), Fat: 6.32g (9.72%), Saturated Fat: 1.35g (8.41%), Carbohydrates: 27.75g (9.25%), Net Carbohydrates: 22.61g (8.22%), Sugar: 15.05g (16.72%), Cholesterol: 107.73mg (35.91%), Sodium: 578mg (25.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.24g (52.49%), Vitamin B6: 0.88mg (43.78%), Selenium: 28.68µg (40.98%), Vitamin B3: 7.37mg (36.83%), Manganese: 0.66mg (32.9%), Phosphorus: 294.52mg (29.45%), Potassium: 733.77mg (20.96%), Fiber: 5.13g (20.53%), Vitamin A: 934.62IU (18.69%), Vitamin B5: 1.77mg (17.66%), Zinc: 2.32mg (15.46%), Vitamin B2: 0.25mg (14.73%), Iron: 2.63mg (14.6%), Magnesium: 55.65mg (13.91%), Vitamin B12: 0.81µg (13.51%), Copper: 0.27mg (13.42%), Vitamin B1: 0.15mg (10%), Vitamin E: 1.34mg (8.92%), Folate: 28.97µg (7.24%), Calcium: 61.94mg (6.19%), Vitamin C: 3.83mg (4.64%), Vitamin K: 4.65µg (4.43%)