



Moroccan Chicken with Almond Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



823 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon brown sugar
- ☐ 2 pounds strips.
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.8 cup couscous uncooked
- ☐ 12 dates whole pitted chopped
- ☐ 0.8 cup fat-skimmed beef broth fat-free
- ☐ 1.3 cups fat-skimmed beef broth fat-free divided
- ☐ 1 tablespoon flour all-purpose

- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 teaspoon ground coriander
- ☐ 0.1 teaspoon ground cumin
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon paprika
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 1.3 cups shallots peeled quartered
- ☐ 0.3 cup slivered almonds toasted
- ☐ 0.8 cup water

Equipment

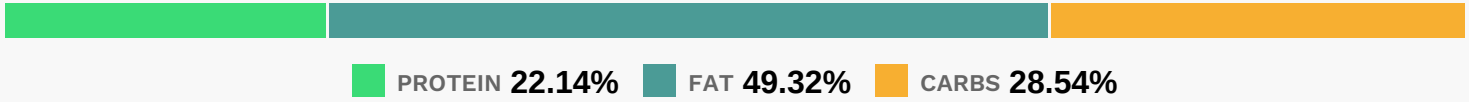
- ☐ frying pan
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 37
- ☐ To prepare chicken, combine first 9 ingredients in a shallow dish. Dredge chicken in flour mixture. Reserve remaining flour mixture.
- ☐ Heat oil in a large ovenproof nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 3 minutes on one side. Turn chicken; remove skillet from heat.
- ☐ Combine reserved flour mixture and shallots; add to skillet. Stir in 1/4 cup broth and dates.
- ☐ Bake at 375 for 25 minutes or until chicken is done.
- ☐ Remove chicken from skillet.
- ☐ Place skillet over medium heat; stir in 1 cup broth. Cook 1 minute; stir in cilantro. Return chicken to pan. Cover; remove pan from heat.

- ☐ To prepare couscous, combine 3/4 cup broth, water, 1/4 teaspoon salt, and 1/8 teaspoon cumin in a medium saucepan; bring to a boil. Stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Stir in almonds.
- ☐ Serve with chicken and sauce.

Nutrition Facts



Properties

Glycemic Index:82.75, Glycemic Load:26.75, Inflammation Score:-7, Nutrition Score:26.8647824474%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 822.87kcal (41.14%), Fat: 45.4g (69.85%), Saturated Fat: 10.98g (68.64%), Carbohydrates: 59.1g (19.7%), Net Carbohydrates: 51.91g (18.88%), Sugar: 20.65g (22.94%), Cholesterol: 222.26mg (74.09%), Sodium: 801.07mg (34.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.86g (91.72%), Selenium: 47.6µg (68%), Vitamin B3: 13.16mg (65.81%), Vitamin B6: 1.15mg (57.34%), Phosphorus: 525.48mg (52.55%), Manganese: 0.84mg (41.94%), Vitamin B5: 3.24mg (32.4%), Potassium: 1023.7mg (29.25%), Fiber: 7.19g (28.76%), Vitamin B12: 1.68µg (27.97%), Vitamin B2: 0.47mg (27.86%), Magnesium: 107.36mg (26.84%), Zinc: 3.8mg (25.31%), Iron: 4.1mg (22.79%), Vitamin B1: 0.32mg (21.33%), Copper: 0.42mg (21.13%), Vitamin E: 2.92mg (19.5%), Folate: 50.45µg (12.61%), Calcium: 99.94mg (9.99%), Vitamin A: 443.61IU (8.87%), Vitamin K: 9.06µg (8.63%), Vitamin C: 6.19mg (7.5%), Vitamin D: 0.23µg (1.51%)