



Moroccan Chicken with Couscous

 Dairy Free

READY IN



19 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup couscous uncooked
- ☐ 0.3 cup cilantro leaves dried fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 teaspoon ground turmeric
- ☐ 16 ounce no-salt-added chicken broth canned
- ☐ 1 cup peas frozen english thawed

- ☐ 0.3 teaspoon salt
- ☐ 1 pound skinned
- ☐ 1 teaspoon vegetable oil

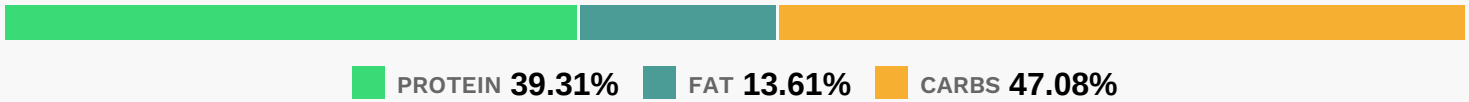
Equipment

- ☐ frying pan

Directions

- ☐ Cut chicken lengthwise into 1-inch-wide strips.
- ☐ Combine ginger and next 3 ingredients.
- ☐ Sprinkle evenly over chicken; set aside.
- ☐ Coat a large nonstick skillet with cooking spray; add oil, and place over medium-high heat until hot.
- ☐ Add chicken and garlic; cook 3 minutes or until chicken is lightly browned.
- ☐ Add broth and peas; bring to a boil. Reduce heat, and simmer 2 minutes or until chicken is done. Stir in couscous; cover and remove from heat.
- ☐ Let stand 5 minutes or until liquid is absorbed.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:45.33, Glycemic Load:21.84, Inflammation Score:-8, Nutrition Score:19.693478283675%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 352.44kcal (17.62%), Fat: 5.22g (8.04%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 40.67g (13.56%), Net Carbohydrates: 36.32g (13.21%), Sugar: 2.23g (2.48%), Cholesterol: 72.57mg (24.19%), Sodium: 317.95mg (13.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.95g (67.9%), Vitamin B3: 15.7mg (78.5%), Selenium: 37.21µg

(53.15%), Vitamin B6: 0.98mg (49.23%), Phosphorus: 387.84mg (38.78%), Manganese: 0.62mg (30.87%), Vitamin B5: 2.2mg (22.03%), Vitamin C: 16.41mg (19.89%), Potassium: 694.28mg (19.84%), Fiber: 4.35g (17.39%), Vitamin B1: 0.24mg (16.18%), Magnesium: 63.29mg (15.82%), Vitamin K: 14.42µg (13.74%), Vitamin B2: 0.23mg (13.68%), Copper: 0.27mg (13.34%), Zinc: 1.61mg (10.76%), Iron: 1.87mg (10.41%), Folate: 37.48µg (9.37%), Vitamin A: 380.54IU (7.61%), Vitamin B12: 0.34µg (5.67%), Calcium: 33.44mg (3.34%), Vitamin E: 0.39mg (2.59%)