






 **17%**
HEALTH SCORE

Moroccan Chicken with Eggplant, Tomatoes, and Almonds

 **Gluten Free**  **Dairy Free**

READY IN

45 min.

SERVINGS

8

CALORIES

814 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 1 teaspoon pepper black freshly ground
- 2 cups tomatoes diced canned drained (from 28-ounce can)
- 8 skin-on chicken drumsticks
- 8 strips. with bones, skinned
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- 1.5 teaspoons kosher salt
- 1 large eggplant unpeeled cut into 1-inch cubes

- 1 teaspoon fennel seeds
- 8 servings cilantro leaves fresh chopped
- 1 tablespoon marjoram fresh chopped
- 6 large garlic clove minced
- 1 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 0.5 teaspoon ground ginger
- 1 tablespoon paprika sweet
- 3 tablespoons juice of lemon fresh ()
- 6 tablespoons olive oil divided
- 3 cups onion sliced
- 0.5 cup blanched almonds and whole toasted
- 1 teaspoon turmeric
- 1 cup water

Equipment

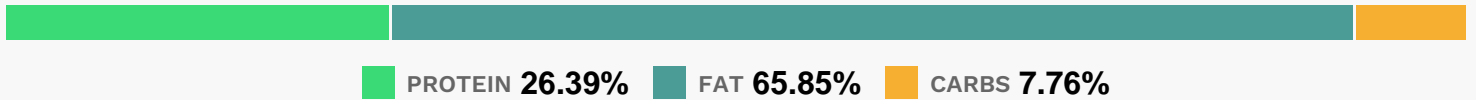
- bowl
- baking sheet
- oven
- pot

Directions

- Heat 2 tablespoons olive oil in heavy large wide pot over medium heat.
- Add onions and garlic. Cover and cook until onions are soft, about 10 minutes.
- Add paprika, salt, turmeric, coriander, fennel, pepper, cumin, and ginger; stir 1 minute.
- Add tomatoes, 1 cup water, and 3 tablespoons lemon juice; bring to boil. Arrange all chicken in single layer in pot; spoon some sauce over. Bring to boil. Reduce heat to medium-low, cover, and simmer 15 minutes. Turn chicken over, cover, and simmer until chicken is tender, about 20 minutes longer.

- Meanwhile, preheat oven to 400F.
- Brush large rimmed baking sheet with olive oil.
- Place eggplant and remaining 4 tablespoons olive oil in large bowl; toss to coat.
- Spread eggplant out on prepared baking sheet and bake until soft and brown, stirring occasionally, about 25 minutes. (Chicken and eggplant can be made 1 day ahead. Cool slightly. Refrigerate separately until cold, then cover and keep refrigerated.)
- Stir eggplant and marjoram into chicken. Simmer uncovered 10 minutes to heat through and blend flavors. Season stew to taste with more lemon juice, if desired, and salt and pepper.
- Transfer chicken to large shallow bowl.
- Sprinkle with almonds and cilantro.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:2.01, Inflammation Score:-10, Nutrition Score:30.128260975299%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg, Quercetin: 12.62mg

Nutrients (% of daily need)

Calories: 813.92kcal (40.7%), Fat: 59.7g (91.85%), Saturated Fat: 13.83g (86.45%), Carbohydrates: 15.84g (5.28%), Net Carbohydrates: 10.99g (4%), Sugar: 6.63g (7.37%), Cholesterol: 291.13mg (97.04%), Sodium: 783.22mg (34.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.83g (107.65%), Selenium: 58.28µg (83.26%), Vitamin B3: 15.47mg (77.33%), Vitamin B6: 1.28mg (63.98%), Phosphorus: 573.85mg (57.38%), Vitamin B5: 3.46mg (34.57%), Vitamin B2: 0.57mg (33.44%), Zinc: 4.91mg (32.72%), Vitamin E: 4.86mg (32.41%), Manganese: 0.62mg (31.07%), Vitamin B12: 1.86µg (31.05%), Potassium: 1072.91mg (30.65%), Magnesium: 105.97mg (26.49%), Vitamin B1: 0.33mg (22.17%), Vitamin K: 22.54µg (21.47%), Iron: 3.72mg (20.65%), Fiber: 4.84g (19.37%), Copper: 0.38mg (19.2%), Vitamin C: 14.71mg (17.83%), Vitamin A: 758.87IU (15.18%), Folate: 43.91µg (10.98%), Calcium: 97.36mg

(9.74%), Vitamin D: 0.3µg (2.01%)