



WHATSheATE



Moroccan Chicken with Eggplant, Tomatoes, and Almonds



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



566 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
- ☐ 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

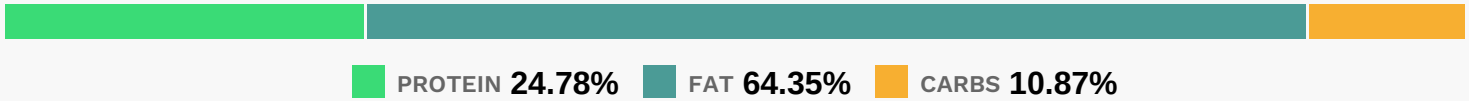
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

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 400°F.

- ☐ 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:22.777825925661%

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: 566.45kcal (28.32%), Fat: 40.93g (62.98%), Saturated Fat: 8.77g (54.82%), Carbohydrates: 15.55g (5.18%), Net Carbohydrates: 10.71g (3.9%), Sugar: 6.63g (7.37%), Cholesterol: 180.39mg (60.13%), Sodium: 696.21mg (30.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.47g (70.95%), Selenium: 37.15µg (53.07%), Vitamin B3: 10.22mg (51.09%), Vitamin B6: 0.89mg (44.6%), Phosphorus: 395.31mg (39.53%), Vitamin E: 4.62mg (30.83%), Manganese: 0.6mg (30.16%), Vitamin B2: 0.42mg (24.66%), Potassium: 841.26mg (24.04%), Zinc: 3.5mg (23.3%), Vitamin B5: 2.31mg (23.09%), Magnesium: 84.5mg (21.13%), Fiber: 4.84g (19.37%), Vitamin K: 20.17µg (19.21%), Vitamin B12: 1.14µg (18.99%), Vitamin C: 14.71mg (17.83%), Vitamin B1: 0.25mg (16.59%), Iron: 2.96mg (16.45%), Copper: 0.33mg (16.32%), Vitamin A: 670.73IU (13.41%), Folate: 40.52µg (10.13%), Calcium: 88.32mg (8.83%), Vitamin D: 0.19µg (1.26%)