



Moroccan Chicken with Green Olives

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

READY IN



45 min.

SERVINGS



4

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black
- 1 cup less-sodium chicken broth fat-free
- 10 olives green sliced
- 0.5 teaspoon ground cinnamon
- 1 teaspoon ground coriander
- 0.5 teaspoon mint flakes dried
- 2 teaspoons olive oil divided
- 2 cups onion sliced

- 6 ounce orange juice concentrate undiluted thawed canned
- 0.3 teaspoon salt
- 16 ounce skinned

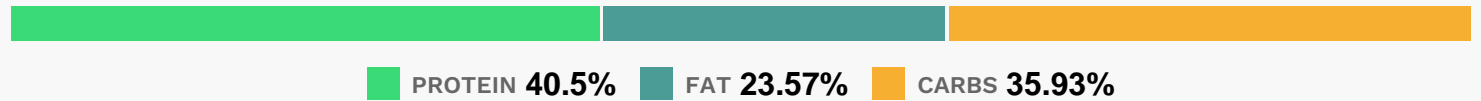
Equipment

- frying pan

Directions

- Combine the first 5 ingredients; rub chicken with spice mixture.
- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat; add chicken. Cook 2 minutes on each side, and set aside.
- Heat 1 teaspoon olive oil in pan.
- Add sliced onion, and cook for 8 minutes or until golden. Stir in chicken broth, orange juice concentrate, and olives; bring to a boil. Return chicken to pan; reduce heat, and simmer mixture for 15 minutes or until chicken is done.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:1.67, Inflammation Score:-7, Nutrition Score:19.633478320163%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg, Quercetin: 16.24mg

Nutrients (% of daily need)

Calories: 261.26kcal (13.06%), Fat: 6.85g (10.54%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 20.99g (7.63%), Sugar: 16.17g (17.96%), Cholesterol: 72.57mg (24.19%), Sodium: 671.65mg (29.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.48g (52.96%), Vitamin C: 69.06mg (83.7%), Vitamin B3: 12.74mg (63.72%), Selenium: 38.34µg (54.77%), Vitamin B6: 1.07mg (53.47%), Phosphorus: 296.49mg (29.65%),

Potassium: 835.4mg (23.87%), Vitamin B5: 2.03mg (20.26%), Vitamin B1: 0.23mg (15.6%), Magnesium: 56.43mg (14.11%), Folate: 53.71µg (13.43%), Vitamin B2: 0.22mg (13.22%), Manganese: 0.22mg (11.18%), Fiber: 2.51g (10.03%), Vitamin E: 1.16mg (7.75%), Zinc: 0.91mg (6.06%), Copper: 0.12mg (5.91%), Iron: 1.04mg (5.77%), Vitamin B12: 0.34µg (5.67%), Calcium: 55.34mg (5.53%), Vitamin A: 244.12IU (4.88%), Vitamin K: 2.34µg (2.23%)