



Moroccan Chicken with Green Olives and Lemon



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



630 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 pound chicken skinless cut into 8 pieces,
- ☐ 2 garlic clove pressed
- ☐ 0.5 cup olive green
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon ground ginger
- ☐ 2 lemon zest

- ☐ 2 cups chicken broth
- ☐ 1 tablespoon olive oil
- ☐ 1 large onion halved thinly sliced
- ☐ 1 tablespoon paprika

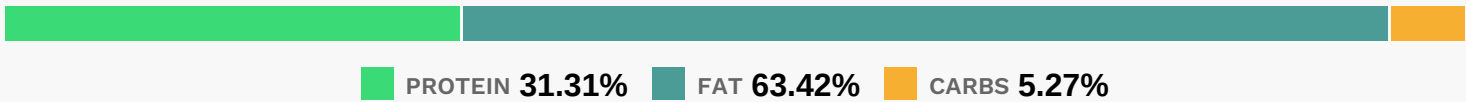
Equipment

- ☐ frying pan

Directions

- ☐ Cut 1 lemon into 8 wedges. Squeeze enough juice from second lemon to measure 2 tablespoons; set wedges and juice aside.
- ☐ Heat oil in large skillet over medium-high heat.
- ☐ Add onion and sprinkle with salt and pepper; sauté until golden brown, about 8 minutes.
- ☐ Add next 5 ingredients; stir 1 minute.
- ☐ Add broth; bring to boil.
- ☐ Sprinkle chicken with salt and pepper; add to skillet.
- ☐ Add lemon wedges. Cover, reduce heat to medium-low, and simmer until chicken is cooked through, turning occasionally, 25 to 30 minutes.
- ☐ Transfer chicken to platter.
- ☐ Add olives and 2 tablespoons lemon juice to skillet. Increase heat to high; boil uncovered to thicken slightly, about 5 minutes. Season with salt and pepper.
- ☐ Pour over chicken.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:1, Inflammation Score:-8, Nutrition Score:22.055217577064%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg, Quercetin: 7.64mg

Nutrients (% of daily need)

Calories: 629.88kcal (31.49%), Fat: 44.2g (68%), Saturated Fat: 11.68g (72.99%), Carbohydrates: 8.26g (2.75%), Net Carbohydrates: 5.97g (2.17%), Sugar: 2.09g (2.33%), Cholesterol: 183.7mg (61.23%), Sodium: 475mg (20.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.1g (98.19%), Vitamin B3: 18.65mg (93.23%), Selenium: 36.28µg (51.83%), Vitamin B6: 0.98mg (49.2%), Phosphorus: 421.03mg (42.1%), Vitamin A: 1286.5IU (25.73%), Zinc: 3.57mg (23.77%), Vitamin B5: 2.34mg (23.37%), Manganese: 0.44mg (21.76%), Vitamin B2: 0.37mg (21.66%), Iron: 3.84mg (21.31%), Potassium: 699.53mg (19.99%), Vitamin E: 2.45mg (16.3%), Magnesium: 64.33mg (16.08%), Vitamin B12: 0.88µg (14.62%), Vitamin B1: 0.18mg (12.22%), Copper: 0.24mg (12.13%), Fiber: 2.29g (9.17%), Vitamin C: 7.54mg (9.14%), Vitamin K: 7.81µg (7.44%), Calcium: 70.84mg (7.08%), Folate: 23.48µg (5.87%), Vitamin D: 0.49µg (3.27%)