



Moroccan Chicken with Lemon and Olives



Gluten Free



Dairy Free



Popular

READY IN



125 min.

SERVINGS



4

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons paprika
- ☐ 1 teaspoon ground cumin
- ☐ 1 teaspoon ground ginger
- ☐ 1 teaspoon turmeric
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 meat from a rotisserie chicken dark cut into 8 pieces (or 3–4 lbs of just chicken thighs and legs, the meat is more flavorful)

- ☐ 4 servings salt
- ☐ 3 cloves garlic minced
- ☐ 1 onion chopped
- ☐ 1 the rind from preserved lemon whole cold rinsed cut into thin strips (if you don't have preserved lemon, use thin slices of regular lemon)
- ☐ 1 cup olives green pitted
- ☐ 0.5 cup raisins
- ☐ 0.5 cup water
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup flat-leaf parsley fresh chopped

Equipment

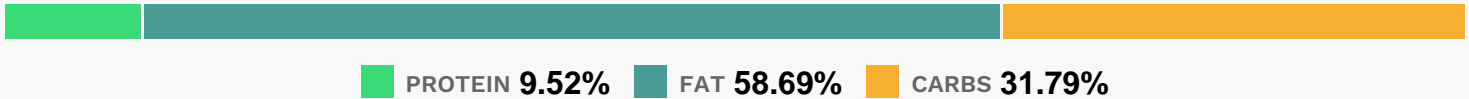
- ☐ bowl
- ☐ frying pan
- ☐ tajine pot

Directions

- ☐ Combine all the spices—paprika, cumin, ginger, turmeric, cinnamon, black pepper—in a large bowl.
- ☐ Pat dry the chicken pieces and put in the bowl, coat well with the spice mixture.
- ☐ Let the chicken stand for one hour in the spices.
- ☐ Brown chicken pieces in tagine or skillet: If you are using a clay tagine (if you have one, you must soak the bottom in water overnight before using), place it on a heat diffuser on the heating element to prevent the tagine from cracking, and place the olive oil in the tagine and heat it on medium heat.
- ☐ If you do not have a tagine, you can use a thick-bottomed, large skillet with a cover.
- ☐ Heat the olive oil in the skillet on medium high heat.
- ☐ In either case, sprinkle the chicken pieces very lightly with salt (go easy on the salt, the olives and preserved lemons are salty) and place skin side down in the tagine or skillet for 5 minutes, until lightly browned.

- ☐
- Add garlic and onions, cover and cook: Lower the heat to medium-low, add the garlic and onions over the chicken. Cover and let cook for 15 minutes.
- ☐
- Add lemon, olives, raisins, water, then cover and simmer: Turn chicken pieces over.
- ☐
- Add the lemon slices, olives, raisins, and 1/2 cup water.
- ☐
- Bring to a simmer on medium heat, then lower the heat to low, cover, and cook for an additional 30 minutes, until the chicken is cooked through and quite tender.
- ☐
- Stir in parsley, cilantro:
- ☐
- Mix in fresh parsley and cilantro right before serving. Adjust seasonings to taste.
- ☐
- Serve with couscous, rice, or rice pilaf.

Nutrition Facts



Properties

Glycemic Index:60.45, Glycemic Load:8.52, Inflammation Score:-10, Nutrition Score:11.560434670552%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg, Quercetin: 6.16mg

Nutrients (% of daily need)

Calories: 252.04kcal (12.6%), Fat: 17.35g (26.69%), Saturated Fat: 3.03g (18.92%), Carbohydrates: 21.14g (7.05%), Net Carbohydrates: 17.23g (6.26%), Sugar: 1.63g (1.81%), Cholesterol: 27.68mg (9.23%), Sodium: 754.76mg (32.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.33g (12.66%), Vitamin K: 71.21µg (67.82%), Manganese: 0.43mg (21.73%), Vitamin A: 1040.02IU (20.8%), Vitamin E: 2.75mg (18.32%), Fiber: 3.91g (15.65%), Vitamin C: 11.1mg (13.45%), Vitamin B6: 0.25mg (12.31%), Iron: 2.11mg (11.7%), Potassium: 352.99mg (10.09%), Vitamin B3: 1.91mg (9.55%), Selenium: 6.58µg (9.4%), Phosphorus: 82mg (8.2%), Copper: 0.16mg (8.03%), Magnesium: 26.5mg (6.62%), Vitamin B2: 0.11mg (6.19%), Calcium: 55.7mg (5.57%), Vitamin B1: 0.08mg (5.19%), Zinc: 0.64mg (4.25%), Vitamin B5: 0.41mg (4.06%), Folate: 15.05µg (3.76%), Vitamin B12: 0.18µg (3.01%)