



Moroccan Chicken with Olives

 Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds chicken whole
- ☐ 1 teaspoon chicken soup base
- ☐ 6 servings couscous hot cooked
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic clove finely chopped
- ☐ 0.5 cup greek olives
- ☐ 2 teaspoons ground cumin

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 teaspoon turmeric
- ☐ 1 medium optional: lemon sliced
- ☐ 0.3 cup juice of lemon
- ☐ 1 tablespoon paprika
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup water

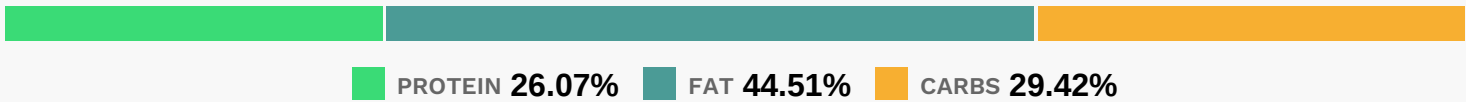
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350F.
- ☐ Stir together cilantro, paprika, cumin, salt, turmeric, ginger and garlic. Rub mixture on all sides of chicken.
- ☐ Coat chicken with flour.
- ☐ Place chicken in ungreased rectangular baking dish, 13x9x2 inches. Stir together water, lemon juice and bouillon granules; pour over chicken.
- ☐ Add olives and lemon slices.
- ☐ Bake uncovered about 1 hour, spooning liquid over chicken occasionally, until juice of chicken is no longer pink when centers of thickest pieces are cut.
- ☐ Serve with couscous.

Nutrition Facts



Properties

Glycemic Index:42.08, Glycemic Load:15.41, Inflammation Score:-9, Nutrition Score:14.48434785138%

Flavonoids

Eriodictyol: 4.34mg, Eriodictyol: 4.34mg, Eriodictyol: 4.34mg, Eriodictyol: 4.34mg Hesperetin: 6.49mg, Hesperetin: 6.49mg, Hesperetin: 6.49mg, Hesperetin: 6.49mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 380.49kcal (19.02%), Fat: 18.77g (28.87%), Saturated Fat: 5.02g (31.39%), Carbohydrates: 27.91g (9.3%), Net Carbohydrates: 25.14g (9.14%), Sugar: 1.08g (1.2%), Cholesterol: 81.69mg (27.23%), Sodium: 533.09mg (23.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.74g (49.47%), Selenium: 40.25µg (57.5%), Vitamin B3: 8.83mg (44.17%), Vitamin B6: 0.49mg (24.62%), Phosphorus: 199.06mg (19.91%), Vitamin C: 15.82mg (19.17%), Vitamin A: 829.42IU (16.59%), Iron: 2.6mg (14.42%), Vitamin B5: 1.4mg (14.04%), Manganese: 0.27mg (13.52%), Vitamin B1: 0.19mg (12.83%), Vitamin B2: 0.21mg (12.52%), Zinc: 1.81mg (12.08%), Fiber: 2.77g (11.07%), Potassium: 352.23mg (10.06%), Magnesium: 38.87mg (9.72%), Folate: 36.64µg (9.16%), Vitamin E: 1.29mg (8.6%), Copper: 0.14mg (7%), Vitamin B12: 0.34µg (5.64%), Vitamin K: 4.97µg (4.73%), Calcium: 43.4mg (4.34%), Vitamin D: 0.22µg (1.45%)