



Moroccan Chicken with Olives

 Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds chicken whole
- ☐ 1 teaspoon chicken soup base
- ☐ 0.3 cup flour all-purpose gold medal®
- ☐ 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

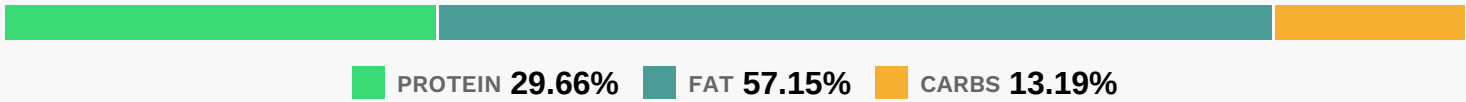
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350°F.
- ☐ 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:31.25, Glycemic Load:4.28, Inflammation Score:-9, Nutrition Score:11.64130444112%

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: 292.57kcal (14.63%), Fat: 18.64g (28.68%), Saturated Fat: 5g (31.25%), Carbohydrates: 9.68g (3.23%), Net Carbohydrates: 8.01g (2.91%), Sugar: 1.01g (1.12%), Cholesterol: 81.69mg (27.23%), Sodium: 529.16mg (23.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.76g (43.52%), Vitamin B3: 8.06mg (40.31%), Selenium: 18.66µg (26.66%), Vitamin B6: 0.45mg (22.61%), Vitamin C: 15.82mg (19.17%), Phosphorus: 181.79mg (18.18%), Vitamin A: 829.42IU (16.59%), Iron: 2.3mg (12.77%), Vitamin B2: 0.19mg (11.27%), Vitamin B5: 1.11mg (11.13%), Zinc: 1.61mg (10.72%), Manganese: 0.2mg (10.23%), Vitamin B1: 0.14mg (9.53%), Potassium: 306.7mg (8.76%), Magnesium: 32.59mg (8.15%), Vitamin E: 1.19mg (7.92%), Fiber: 1.67g (6.68%), Folate: 24.87µg (6.22%), Vitamin B12: 0.34µg (5.64%), Copper: 0.11mg (5.39%), Vitamin K: 4.89µg (4.66%), Calcium: 37.12mg (3.71%), Vitamin D: 0.22µg (1.45%)