



Moroccan Chicken with Olives

 Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 tablespoon paprika
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon turmeric
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 garlic clove finely chopped
- ☐ 3 pounds chicken whole

- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup water
- ☐ 0.3 cup juice of lemon
- ☐ 1 teaspoon chicken soup base
- ☐ 0.5 cup greek olives
- ☐ 1 medium optional: lemon sliced
- ☐ 1 serving couscous hot cooked

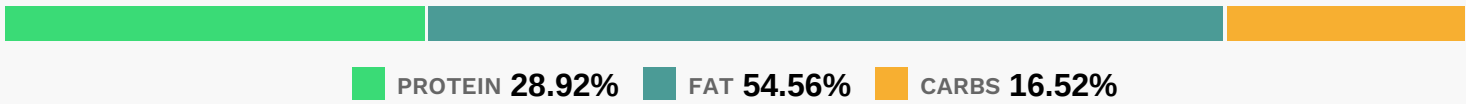
Equipment

- ☐ 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:42.08, Glycemic Load:6.13, Inflammation Score:-9, Nutrition Score:12.116086793982%

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: 307.23kcal (15.36%), Fat: 18.66g (28.71%), Saturated Fat: 5g (31.27%), Carbohydrates: 12.72g (4.24%), Net Carbohydrates: 10.86g (3.95%), Sugar: 1.02g (1.13%), Cholesterol: 81.69mg (27.23%), Sodium: 529.82mg (23.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.26g (44.51%), Vitamin B3: 8.19mg (40.96%), Selenium: 22.26µg (31.8%), Vitamin B6: 0.46mg (22.95%), Vitamin C: 15.82mg (19.17%), Phosphorus: 184.67mg (18.47%), Vitamin A: 829.42IU (16.59%), Iron: 2.35mg (13.04%), Vitamin B5: 1.16mg (11.62%), Vitamin B2: 0.2mg (11.48%), Zinc: 1.64mg (10.95%), Manganese: 0.22mg (10.78%), Vitamin B1: 0.15mg (10.08%), Potassium: 314.29mg (8.98%), Magnesium: 33.64mg (8.41%), Vitamin E: 1.2mg (8.03%), Fiber: 1.85g (7.41%), Folate: 26.83µg (6.71%), Copper: 0.11mg (5.66%), Vitamin B12: 0.34µg (5.64%), Vitamin K: 4.9µg (4.67%), Calcium: 38.17mg (3.82%), Vitamin D: 0.22µg (1.45%)