



Moroccan Chicken with Polenta

READY IN



45 min.

SERVINGS



4

CALORIES



674 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 0.3 cup yogurt plain fat-free
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1.5 teaspoons ground coriander
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 teaspoon ground turmeric

- ☐ 0.8 cup low-salt chicken broth
- ☐ 2 teaspoons olive oil
- ☐ 16 ounce wild-mushroom polenta
- ☐ 0.3 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 1 pound skinned cut into 1-inch pieces

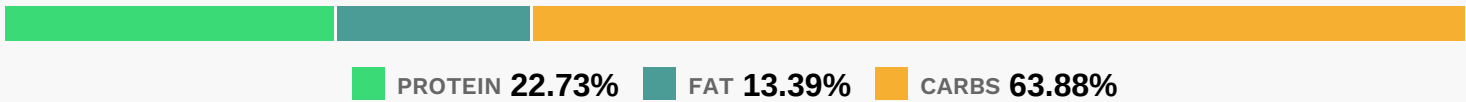
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Combine the first 6 ingredients in a medium bowl; reserve 1 tablespoon flour mixture.
- ☐ Add chicken to flour mixture in bowl; toss gently to coat.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken; cook 5 minutes, stirring frequently. Stir in broth, raisins, and turmeric; bring to a boil. Reduce heat; simmer 8 minutes or until slightly thick.
- ☐ Preheat broiler.
- ☐ Place polenta slices on a baking sheet coated with cooking spray, and sprinkle with reserved 1 tablespoon flour mixture. Broil 8 minutes or until thoroughly heated.
- ☐ Serve chicken mixture over polenta; top with yogurt, and sprinkle with almonds and cilantro.

Nutrition Facts



Properties

Glycemic Index:55.7, Glycemic Load:7.27, Inflammation Score:-10, Nutrition Score:21.346521771472%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 674.18kcal (33.71%), Fat: 9.96g (15.33%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 106.91g (35.64%), Net Carbohydrates: 102.79g (37.38%), Sugar: 2.29g (2.54%), Cholesterol: 72.88mg (24.29%), Sodium: 308.9mg (13.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.05g (76.1%), Selenium: 57.99µg (82.84%), Vitamin B3: 14.49mg (72.44%), Vitamin B6: 1.08mg (54.05%), Phosphorus: 408.44mg (40.84%), Potassium: 844.25mg (24.12%), Vitamin B5: 2.32mg (23.19%), Magnesium: 90.33mg (22.58%), Manganese: 0.44mg (21.85%), Vitamin B1: 0.29mg (19.39%), Vitamin B2: 0.32mg (19.04%), Iron: 3.25mg (18.04%), Fiber: 4.12g (16.47%), Vitamin E: 2.12mg (14.14%), Copper: 0.26mg (13.11%), Zinc: 1.65mg (11%), Vitamin A: 459.22IU (9.18%), Calcium: 75.21mg (7.52%), Vitamin B12: 0.36µg (6.07%), Folate: 22.96µg (5.74%), Vitamin K: 5.26µg (5.01%), Vitamin C: 2.96mg (3.59%)