



Moroccan Chicken with Preserved Meyer Lemons and Green Olives

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.5 cup chicken broth
- 0.3 cup wine dry white
- 2 tablespoons cilantro leaves fresh coarsely chopped
- 2 garlic clove thinly sliced
- 16 olive green pitted halved
- 8 pieces lemon zest

- 2 tablespoons olive oil
- 2 medium onion sliced
- 4 chicken breast halves boneless skinless
- 0.5 teaspoon turmeric

Equipment

- frying pan

Directions

- Pat chicken dry, then season with salt and pepper.
- Heat 1 tablespoon oil in a 12-inch nonstick skillet over moderately high heat until hot but not smoking, then sauté chicken until golden brown, about 3 minutes on each side.
- Transfer chicken to a plate and keep warm, covered.
- Add remaining tablespoon oil to skillet and reduce heat to moderate. Cook onions and garlic, stirring frequently, until softened but not browned, 8 to 10 minutes.
- Add turmeric and pepper and cook, stirring, 1 minute.
- Scrape pulp from preserved lemon, reserving for another use.
- Cut rind into thin strips and add to onions with broth, wine, and olives.
- Return chicken, with any juices accumulated on plate, to skillet. Braise, covered, until chicken is cooked through, about 12 minutes.
- Serve sprinkled with cilantro.

Nutrition Facts



PROTEIN 41.45% **FAT 46.54%** **CARBS 12.01%**

Properties

Glycemic Index:41.63, Glycemic Load:1.4, Inflammation Score:-9, Nutrition Score:13.819565140683%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin:

0.08mg Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg, Quercetin: 11.33mg

Nutrients (% of daily need)

Calories: 254.34kcal (12.72%), Fat: 12.54g (19.29%), Saturated Fat: 1.97g (12.32%), Carbohydrates: 7.28g (2.43%), Net Carbohydrates: 5.61g (2.04%), Sugar: 2.77g (3.07%), Cholesterol: 72.91mg (24.3%), Sodium: 493.28mg (21.45%), Alcohol: 1.54g (100%), Alcohol %: 0.82% (100%), Protein: 25.13g (50.25%), Vitamin B3: 12mg (59.99%), Selenium: 36.96µg (52.8%), Vitamin B6: 0.95mg (47.53%), Phosphorus: 261.54mg (26.15%), Vitamin B5: 1.71mg (17.08%), Potassium: 540.58mg (15.45%), Vitamin E: 1.87mg (12.5%), Magnesium: 39.93mg (9.98%), Manganese: 0.2mg (9.85%), Vitamin B2: 0.15mg (8.94%), Vitamin C: 7.07mg (8.57%), Vitamin B1: 0.11mg (7.5%), Fiber: 1.67g (6.69%), Vitamin K: 6.03µg (5.74%), Zinc: 0.83mg (5.52%), Iron: 0.88mg (4.9%), Copper: 0.09mg (4.33%), Folate: 16.13µg (4.03%), Vitamin B12: 0.23µg (3.86%), Calcium: 34.15mg (3.41%), Vitamin A: 113.91IU (2.28%)