

## Moroccan Lemon Chicken with Olives



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 6 servings suya seasoning mix saucier or sauté-style
- ☐ 1 pinch ground pepper
- ☐ 3.5 lbs chicken pieces bone-in
- ☐ 1 qt chicken stock see
- ☐ 1 pinch cinnamon
- ☐ 1.5 tsp cumin
- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.5 cup cilantro leaves fresh chopped for garnish

- ☐ 2 garlic clove crushed
- ☐ 1 cup olive green pitted
- ☐ 0.5 tsp ground ginger
- ☐ 1 large onion finely chopped
- ☐ 1.5 tsp paprika
- ☐ 2 simple preserved lemons fresh (or sub lemons)
- ☐ 0.5 tsp saffron threads
- ☐ 6 servings salt and pepper
- ☐ 1 tsp turmeric

## Equipment

- ☐ frying pan
- ☐ mortar and pestle

## Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Moroccan Lemon Chicken with Olives
- ☐ Ingredients3 ½ lbs bone-in chicken pieces1/2 tsp saffron threads1 1/2 tsp cumin1 1/2 tsp paprika1 tsp turmeric1/2 tsp ground ginger
- ☐ Pinch of cayenne pepper
- ☐ Pinch of cinnamon1/4 cup extra virgin olive oil1 large onion, finely chopped2 garlic cloves, crushed1 qt chicken stock2 preserved lemons (or sub fresh lemons), peel only, pulp discarded1 cup pitted green olives1/2 cup fresh chopped cilantro for garnish
- ☐ Salt and pepper
- ☐ You will also needspice mortar and pestle, saucier or sauté-style pan
- ☐ Servings: 6 servings
- ☐ Kosher Key: Meat

## Nutrition Facts



 **PROTEIN 26.81%**  **FAT 65.65%**  **CARBS 7.54%**

Properties

Glycemic Index:37.67, Glycemic Load:0.69, Inflammation Score:-10, Nutrition Score:18.73478269577%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg, Quercetin: 5.8mg

Nutrients (% of daily need)

Calories: 575.96kcal (28.8%), Fat: 41.75g (64.23%), Saturated Fat: 10.02g (62.65%), Carbohydrates: 10.8g (3.6%), Net Carbohydrates: 8.76g (3.19%), Sugar: 3.84g (4.26%), Cholesterol: 139.68mg (46.56%), Sodium: 900mg (39.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.36g (76.71%), Vitamin B3: 15mg (74.98%), Selenium: 30.07µg (42.96%), Vitamin B6: 0.81mg (40.54%), Phosphorus: 324.63mg (32.46%), Vitamin B2: 0.38mg (22.18%), Vitamin E: 3.16mg (21.09%), Vitamin K: 19.78µg (18.84%), Zinc: 2.75mg (18.31%), Iron: 3.22mg (17.89%), Potassium: 610.08mg (17.43%), Vitamin B5: 1.71mg (17.11%), Vitamin A: 749.57IU (14.99%), Magnesium: 54.65mg (13.66%), Manganese: 0.27mg (13.32%), Vitamin B1: 0.19mg (12.66%), Copper: 0.23mg (11.62%), Vitamin B12: 0.56µg (9.3%), Fiber: 2.04g (8.17%), Vitamin C: 5.94mg (7.2%), Folate: 27.9µg (6.98%), Calcium: 68.09mg (6.81%), Vitamin D: 0.36µg (2.4%)