



## Moroccan Roasted Pomegranate Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



429 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 teaspoon pepper black
- 3 tablespoons cooking wine dry white
- 1 garlic clove minced
- 0.3 teaspoon ground cinnamon
- 1 teaspoon kosher salt divided
- 2 teaspoons juice of lemon fresh
- 1 pomegranate quartered
- 2 teaspoons sugar

- 3 pound meat from a rotisserie chicken whole

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- sieve
- blender
- roasting pan
- kitchen thermometer

## Directions

- Preheat oven to 450
- Remove and discard giblets and neck from chicken. Lift wing tips up and over back; tuck under chicken.
- Sprinkle 3/4 teaspoon salt over chicken.
- Place chicken, breast side up, on rack of a roasting pan coated with cooking spray.
- Place rack in pan.
- Bake at 450 for 45 minutes or until a thermometer inserted in meaty part of thigh registers 165
- Remove chicken and rack from pan; let stand 10 minutes.
- Remove skin from dark meat; discard.
- Remove seeds from pomegranate; set 1 tablespoon seeds aside.
- Place remaining seeds in a blender; pulse to crush. Strain mixture through a sieve over a bowl to yield 1/4 cup juice; discard solids.
- Place roasting pan over medium heat.
- Add wine to drippings in pan, scraping pan to loosen browned bits.
- Pour mixture into a medium saucepan; stir in pomegranate juice, sugar, cinnamon, pepper, and garlic. Bring to a boil. Cook 16 minutes or until reduced to 1/3 cup.

- Remove from heat; stir in lemon juice and remaining 1/4 teaspoon salt.
- Serve sauce with chicken.
- Sprinkle with reserved 1 tablespoon seeds.

## Nutrition Facts



### Properties

Glycemic Index:54.77, Glycemic Load:8.47, Inflammation Score:-4, Nutrition Score:14.48608686613%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg, Gallocatechin: 0.12mg

### Nutrients (% of daily need)

Calories: 428.81kcal (21.44%), Fat: 25.44g (39.14%), Saturated Fat: 7.13g (44.54%), Carbohydrates: 16.07g (5.36%), Net Carbohydrates: 13.13g (4.77%), Sugar: 11.84g (13.15%), Cholesterol: 122.47mg (40.82%), Sodium: 698.56mg (30.37%), Alcohol: 1.16g (100%), Alcohol %: 0.58% (100%), Protein: 31.63g (63.26%), Vitamin B3: 11.33mg (56.67%), Selenium: 24.01µg (34.3%), Vitamin B6: 0.64mg (32.05%), Phosphorus: 269.07mg (26.91%), Vitamin B5: 1.77mg (17.67%), Zinc: 2.41mg (16.1%), Potassium: 490.93mg (14.03%), Vitamin B2: 0.24mg (13.93%), Vitamin K: 14.31µg (13.63%), Vitamin C: 11.01mg (13.35%), Fiber: 2.94g (11.77%), Magnesium: 42.88mg (10.72%), Vitamin B1: 0.15mg (9.87%), Copper: 0.2mg (9.78%), Iron: 1.75mg (9.75%), Folate: 37.25µg (9.31%), Manganese: 0.18mg (9.01%), Vitamin B12: 0.51µg (8.44%), Vitamin E: 0.92mg (6.14%), Vitamin A: 229.88IU (4.6%), Calcium: 29.72mg (2.97%), Vitamin D: 0.33µg (2.18%)