



Moroccan Spiced Chicken

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



495 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon paprika
- 0.5 teaspoon salt
- 0.5 teaspoon ground cumin
- 0.3 teaspoon ground allspice
- 0.3 teaspoon ground cinnamon
- 1.3 lb chicken breast boneless skinless
- 1 tablespoon vegetable oil
- 2 cups water

- 1 teaspoon vegetable oil
- 1.5 cups couscous uncooked
- 0.3 cup raisins
- 1 small papaya peeled seeded sliced

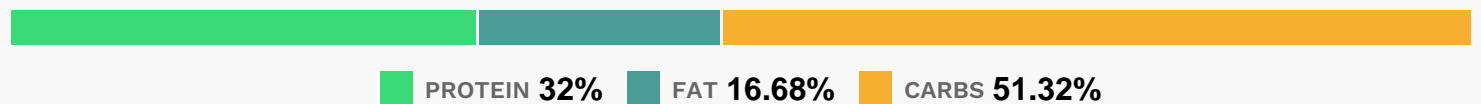
Equipment

- bowl
- frying pan
- sauce pan

Directions

- In small bowl, mix paprika, salt, cumin, allspice and cinnamon. Coat both sides of chicken with spice mixture.
- In 10-inch skillet, heat 1 tablespoon oil over medium heat. Cook chicken in oil 15 to 20 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170°F).
- Meanwhile, in 2-quart saucepan, heat water and 1 teaspoon oil just to boiling. Stir in couscous; remove from heat. Cover; let stand 5 minutes. Fluff couscous before serving; stir in raisins.
- Serve chicken with couscous and papaya.

Nutrition Facts



Properties

Glycemic Index:55.64, Glycemic Load:36.46, Inflammation Score:-8, Nutrition Score:23.473478024421%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 495.2kcal (24.76%), Fat: 9.05g (13.93%), Saturated Fat: 1.66g (10.38%), Carbohydrates: 62.69g (20.9%), Net Carbohydrates: 57.46g (20.89%), Sugar: 3.16g (3.51%), Cholesterol: 90.72mg (30.24%), Sodium: 474.81mg (20.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.08g (78.17%), Vitamin B3: 17.48mg (87.39%),

Selenium: 45.77µg (65.39%), Vitamin B6: 1.2mg (60.18%), Phosphorus: 425.52mg (42.55%), Manganese: 0.63mg (31.46%), Vitamin C: 25.42mg (30.81%), Vitamin B5: 2.95mg (29.47%), Vitamin A: 1269.69IU (25.39%), Potassium: 822.36mg (23.5%), Fiber: 5.24g (20.95%), Magnesium: 81.56mg (20.39%), Vitamin B1: 0.22mg (14.86%), Vitamin B2: 0.24mg (14.21%), Copper: 0.28mg (13.89%), Iron: 2.11mg (11.74%), Vitamin K: 11.05µg (10.52%), Zinc: 1.51mg (10.07%), Vitamin E: 1.27mg (8.49%), Folate: 33.91µg (8.48%), Vitamin B12: 0.28µg (4.72%), Calcium: 44.94mg (4.49%)