



Moroccan-Spiced Chicken Thighs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



23 min.

SERVINGS



4

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 ounce canned tomatoes diced with garlic, undrained canned
- 0.5 teaspoon thyme leaves dried
- 0.5 teaspoon ground cumin
- 0.3 teaspoon salt
- 1.5 pounds chicken thighs boneless skinless
- 0.5 teaspoon paprika smoked

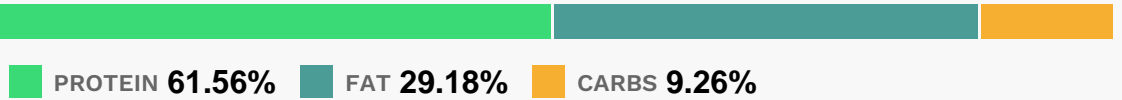
Equipment

- frying pan

Directions

- Combine first 4 ingredients. Rub chicken thighs with spice mixture.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add chicken; cook 2 minutes. Turn chicken over; stir in tomatoes. Bring to a boil; cover, reduce heat, and simmer 10 minutes. Uncover and cook 1 minute or until liquid is reduced by half.
- Sprinkle with cilantro, if desired.
- Serve with: Whole Wheat Couscous and Apricots

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:14.53695651241%

Nutrients (% of daily need)

Calories: 228.04kcal (11.4%), Fat: 7.09g (10.9%), Saturated Fat: 1.76g (11.03%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 4.11g (1.5%), Sugar: 2.41g (2.68%), Cholesterol: 161.59mg (53.86%), Sodium: 455.65mg (19.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.64g (67.29%), Selenium: 38.48µg (54.97%), Vitamin B3: 9.54mg (47.71%), Vitamin B6: 0.76mg (38.2%), Phosphorus: 320.37mg (32.04%), Vitamin B5: 2.05mg (20.47%), Vitamin B12: 1.09µg (18.14%), Vitamin B2: 0.31mg (17.97%), Zinc: 2.62mg (17.44%), Iron: 2.29mg (12.72%), Potassium: 427.96mg (12.23%), Vitamin A: 582.95IU (11.66%), Vitamin B1: 0.16mg (10.41%), Magnesium: 40.76mg (10.19%), Vitamin K: 7.29µg (6.94%), Calcium: 51.49mg (5.15%), Copper: 0.1mg (5.02%), Fiber: 0.95g (3.8%), Vitamin E: 0.4mg (2.64%), Manganese: 0.05mg (2.49%), Vitamin C: 1.93mg (2.34%), Folate: 7.29µg (1.82%)