



Moroccan Spiced Lamb or Chicken

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



788 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 2 pounds chicken thighs diced boneless
- 2 cups chicken stock see
- 1 tablespoon chili powder
- 0.5 teaspoon cinnamon
- 1.5 teaspoons coriander
- 1.5 teaspoons cumin
- 2 tablespoons evoo

- 4 servings flat bread for serving
- 4 servings flour for dredging
- 1 juice of lemon ripe
- 2 onions chopped
- 2 chile peppers red seeded chopped
- 4 servings salt and pepper
- 2 tablespoons tomato paste

Equipment

- dutch oven

Directions

- Sprinkle the meat with a spice blend of the cumin, coriander, chili, cinnamon, salt and pepper, and then dredge in flour.
- Heat the EVOO in a Dutch oven over medium-high heat. When the oil smokes, add the meat and brown all over.
- Remove to a plate, reduce the heat a bit and add more EVOO, the chiles, onions and bay leaves. Cook to soften, 6 to 7 minutes. Stir in the tomato paste, stock, zest and juice. Once the liquid comes to boil, add the meat back in and reduce the heat to thicken it a little.
- Serve with flat bread or couscous.

Nutrition Facts



Properties

Glycemic Index:82.75, Glycemic Load:27.32, Inflammation Score:-8, Nutrition Score:27.99913057037%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg

2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.21mg, Quercetin: 11.21mg, Quercetin: 11.21mg

Nutrients (% of daily need)

Calories: 787.51kcal (39.38%), Fat: 47.33g (72.82%), Saturated Fat: 11.69g (73.07%), Carbohydrates: 43.52g (14.51%), Net Carbohydrates: 39.89g (14.51%), Sugar: 6.77g (7.52%), Cholesterol: 225.86mg (75.29%), Sodium: 856.33mg (37.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.09g (92.17%), Vitamin B3: 14.6mg (72.98%), Selenium: 48.87µg (69.81%), Vitamin B6: 1.12mg (55.75%), Vitamin C: 41.41mg (50.2%), Phosphorus: 480.48mg (48.05%), Vitamin B2: 0.55mg (32.14%), Vitamin B1: 0.43mg (28.89%), Potassium: 942.61mg (26.93%), Vitamin B5: 2.65mg (26.49%), Manganese: 0.53mg (26.27%), Zinc: 3.73mg (24.84%), Vitamin B12: 1.45µg (24.19%), Iron: 4.2mg (23.33%), Vitamin A: 1127.14IU (22.54%), Magnesium: 80.38mg (20.09%), Vitamin E: 2.84mg (18.94%), Copper: 0.37mg (18.36%), Vitamin K: 15.87µg (15.11%), Fiber: 3.63g (14.51%), Folate: 54.98µg (13.74%), Calcium: 93.12mg (9.31%), Vitamin D: 0.23µg (1.51%)