



Moroccan Stewed Chicken

READY IN



75 min.

SERVINGS



6

CALORIES



441 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 slices applewood-smoked bacon crumbled cooked
- ☐ 0.3 cup apricot halves dried chopped
- ☐ 1 bay leaf
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 4 chicken thighs bone-in
- ☐ 2 teaspoons canola oil
- ☐ 0.5 cup carrots thinly sliced
- ☐ 2 chicken breast halves bone-in halved
- ☐ 1 cup chicken stock see unsalted such as Swanson

- ☐ 1.8 cups cooking wine dry white
- ☐ 2 tablespoons flour all-purpose
- ☐ 1 tablespoon garlic fresh minced
- ☐ 0.3 cup olives green pitted sliced
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 6 servings lemon wedges
- ☐ 1 cup onion chopped
- ☐ 0.5 cup plum tomatoes seeded chopped
- ☐ 0.3 teaspoon saffron threads
- ☐ 1 tablespoon butter unsalted

Equipment

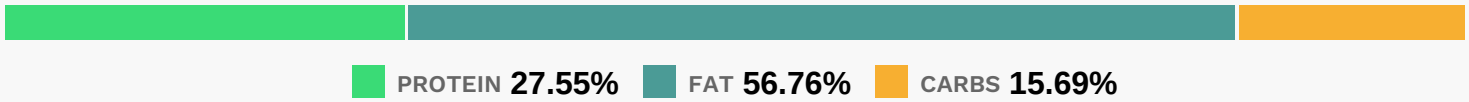
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Preheat oven to 32
- ☐ Heat a Dutch oven over medium heat.
- ☐ Sprinkle chicken evenly with 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add half of chicken to pan, flesh side down. Cook 4 minutes or until browned; remove from pan. Repeat with remaining chicken. Set chicken aside.
- ☐ Add onion, carrot, tomato, and garlic to pan; cook for 6 minutes, stirring occasionally.
- ☐ Add wine; cook for 2 minutes, scraping pan to loosen browned bits. Return chicken to pan, flesh side up.

- ☐ Combine stock and flour in a bowl, stirring with a whisk until smooth.
- ☐ Add stock mixture to pan.
- ☐ Stir in apricot halves, olives, saffron, and bay leaf, and bring to a boil. Cover and bake at 325 for 45 minutes or until chicken is done and very tender.
- ☐ Remove pan from oven.
- ☐ Remove chicken from pan, and top with 1/4 cup cooking liquid. Keep warm.
- ☐ Heat pan over medium-high heat, and bring to a boil. Boil 5 minutes or until mixture is reduced to 3 cups.
- ☐ Add butter, lemon juice, remaining 1/4 teaspoon salt, and remaining 1/4 teaspoon pepper, stirring until smooth. Discard bay leaf.
- ☐ Serve with lemon wedges.

Nutrition Facts



Properties

Glycemic Index:65.46, Glycemic Load:4.24, Inflammation Score:-9, Nutrition Score:16.889130421307%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 441.37kcal (22.07%), Fat: 24.63g (37.89%), Saturated Fat: 7.07g (44.2%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 13.44g (4.89%), Sugar: 7.46g (8.28%), Cholesterol: 129.57mg (43.19%), Sodium: 519.41mg (22.58%), Alcohol: 7.21g (100%), Alcohol %: 2.74% (100%), Protein: 26.89g (53.79%), Vitamin B3: 10.02mg (50.11%), Selenium: 33.92µg (48.46%), Vitamin A: 2380.25IU (47.61%), Vitamin B6: 0.79mg (39.32%), Phosphorus: 292.77mg (29.28%), Potassium: 663.95mg (18.97%), Vitamin B5: 1.73mg (17.35%), Vitamin B2: 0.25mg (14.92%), Manganese: 0.26mg (12.86%), Vitamin B1: 0.19mg (12.37%), Vitamin B12: 0.73µg (12.21%), Zinc: 1.82mg (12.16%), Magnesium:

48.1mg (12.03%), Vitamin C: 7.83mg (9.49%), Iron: 1.62mg (9.01%), Vitamin E: 1.32mg (8.82%), Copper: 0.16mg (7.82%), Fiber: 1.88g (7.52%), Vitamin K: 7.25µg (6.9%), Folate: 23.4µg (5.85%), Calcium: 40.74mg (4.07%), Vitamin D: 0.2µg (1.32%)