



Moroccan stuffed chicken

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



316 kcal

SIDE DISH

Ingredients

- ☐ 50 g couscous
- ☐ 1 tsp ras el hanout spice mix
- ☐ 8 apricot dried chopped
- ☐ 2 tbsp pinenuts
- ☐ 1 small bunch flat parsley chopped
- ☐ 4 large chicken breast skinless
- ☐ 2 tbsp olive oil

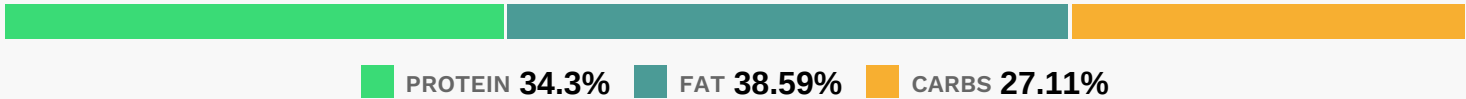
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Put the couscous and spice mix in a small heatproof bowl and pour over 50ml hot water. Cover and set aside for 5 mins. Fluff the grains up with a fork, then stir in the apricots, pine nuts and parsley. Season with salt and pepper.
- ☐ Heat oven to 190C/170C fan/gas
- ☐ Make a large slit down one side of each chicken breast to form a pocket. Stuff the couscous mixture inside, then sit the chicken in a small roasting tin.
- ☐ Brush over the oil and roast for 20 mins until cooked through.
- ☐ Serve with roasted baby new potatoes and a crisp green salad.

Nutrition Facts



Properties

Glycemic Index:33.85, Glycemic Load:8.98, Inflammation Score:-9, Nutrition Score:23.363043536311%

Flavonoids

Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 316.23kcal (15.81%), Fat: 13.64g (20.98%), Saturated Fat: 1.89g (11.84%), Carbohydrates: 21.56g (7.19%), Net Carbohydrates: 18.92g (6.88%), Sugar: 8.86g (9.85%), Cholesterol: 72.32mg (24.11%), Sodium: 142.26mg (6.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.28g (54.55%), Vitamin K: 244.13µg (232.5%), Vitamin B3: 13.06mg (65.32%), Selenium: 36.58µg (52.26%), Vitamin B6: 0.91mg (45.26%), Vitamin A: 1820.06IU (36.4%), Manganese: 0.64mg (31.87%), Phosphorus: 307.59mg (30.76%), Vitamin C: 20.52mg (24.87%), Potassium: 738.98mg (21.11%), Vitamin B5: 1.92mg (19.25%), Vitamin E: 2.57mg (17.14%), Magnesium: 60.89mg (15.22%), Iron: 2.34mg (13.02%), Fiber: 2.64g (10.56%), Copper: 0.21mg (10.32%), Vitamin B2: 0.16mg (9.55%), Zinc: 1.31mg (8.72%), Vitamin B1: 0.13mg (8.42%), Folate: 33.05µg (8.26%), Calcium: 45.17mg (4.52%), Vitamin B12: 0.23µg (3.77%)