



Moroccan-Style Chicken Phyllo Rolls

READY IN



45 min.

SERVINGS



32

CALORIES



112 kcal

Ingredients

- ☐ 0.3 cup almonds cooled toasted sliced coarsely chopped
- ☐ 0.5 teaspoon pepper black
- ☐ 2 teaspoons brown mustard seeds
- ☐ 1.3 pound chicken thighs with skin and bones)
- ☐ 1 stick cinnamon (3-inch)
- ☐ 2 large eggs lightly beaten
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground coriander
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.8 cup chicken broth low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion finely chopped
- ☐ 12 inch sheets phyllo frozen thawed (17- by 12-inch)
- ☐ 1 teaspoon salt
- ☐ 32 servings accompaniment: spiced tomato sauce
- ☐ 0.5 teaspoon turmeric
- ☐ 0.5 cup butter unsalted melted
- ☐ 0.5 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ sieve
- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen towels
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Cook onion in oil along with salt, cumin, ginger, turmeric, pepper, and coriander in a 3-quart heavy saucepan over moderate heat, stirring, until softened, about 5 minutes.
- ☐ Add chicken, broth, water, and cinnamon stick and simmer, covered, turning chicken over once, until meat is very tender, about 45 minutes total.
- ☐ Transfer chicken with tongs to a bowl, reserving cooking liquid.

- ☐ When cool enough to handle, shred chicken, discarding skin and bones, and transfer to a large bowl.
- ☐ Transfer cooking liquid to a 2-cup glass measure (do not clean saucepan) and let stand 1 minute, then skim off fat and discard cinnamon stick. Return liquid to saucepan and simmer over moderately high heat, uncovered, until reduced to about 1/4 cup (liquid will look like a glaze in bottom of pan), about 8 minutes, then stir into shredded chicken along with almonds.
- ☐ Reserve 2 tablespoons beaten egg in a cup for egg wash. Lightly season remaining egg with salt and pepper, then cook in 1/2 tablespoon butter in an 8- to 10-inch nonstick skillet over moderately high heat, stirring, until just set but still slightly soft. Stir scrambled egg into filling.
- ☐ Put oven racks in upper and lower thirds of oven and preheat oven to 450°F.
- ☐ Put 1 phyllo sheet on a work surface, keeping remaining phyllo covered with overlapping sheets of plastic wrap and a damp kitchen towel, and brush generously with some melted butter. Evenly sift 1/4 teaspoon cinnamon over buttered phyllo using a fine-mesh sieve, then top with another phyllo sheet and generously brush with butter.
- ☐ Halve buttered phyllo stack crosswise, then arrange 1 half with a long side nearest you.
- ☐ Spread 1/4 cup chicken filling in a narrow strip along edge nearest you, then roll up filling tightly in phyllo, leaving ends open.
- ☐ Transfer roll, seam side down, to a cutting board set inside a baking pan (to help contain mustard seeds when sprinkling). Make another roll with remaining half stack. Make 6 more rolls in same manner, transferring to cutting board.
- ☐ Lightly brush top of rolls with egg wash and immediately sprinkle with mustard seeds, pressing lightly on seeds to help adhere.
- ☐ Cut each roll crosswise into 4 pieces and arrange pieces 1 inch apart on 2 baking sheets.
- ☐ Bake, switching position of sheets halfway through baking, until phyllo is golden brown, about 12 minutes total.
- ☐ Transfer rolls to a rack to cool slightly.
- ☐ Rolls can be assembled (but not coated or cut) 1 day ahead and chilled, covered.
- ☐ Rolls can be assembled and cut (but not coated or baked) 2 weeks ahead and frozen, wrapped well in plastic wrap. Coat frozen rolls, then bake (do not thaw) in a preheated 350°F oven about 20 minutes.

Nutrition Facts



 PROTEIN **17.45%**  FAT **56.36%**  CARBS **26.19%**

Properties

Glycemic Index:5.38, Glycemic Load:2.34, Inflammation Score:-6, Nutrition Score:7.0917391725208%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 111.71kcal (5.59%), Fat: 7.4g (11.38%), Saturated Fat: 2.88g (18%), Carbohydrates: 7.73g (2.58%), Net Carbohydrates: 5.63g (2.05%), Sugar: 4.52g (5.02%), Cholesterol: 36.61mg (12.2%), Sodium: 678.47mg (29.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.31%), Vitamin E: 2.17mg (14.48%), Vitamin A: 651.09IU (13.02%), Potassium: 422.69mg (12.08%), Vitamin B3: 2.19mg (10.97%), Vitamin C: 8.76mg (10.62%), Manganese: 0.21mg (10.39%), Vitamin B6: 0.19mg (9.6%), Fiber: 2.11g (8.42%), Copper: 0.17mg (8.37%), Iron: 1.5mg (8.32%), Vitamin B2: 0.13mg (7.8%), Selenium: 5.35µg (7.64%), Phosphorus: 75.22mg (7.52%), Magnesium: 25.11mg (6.28%), Vitamin B5: 0.62mg (6.21%), Vitamin K: 4.47µg (4.26%), Zinc: 0.58mg (3.87%), Folate: 14.75µg (3.69%), Vitamin B1: 0.05mg (3.47%), Calcium: 26.61mg (2.66%), Vitamin B12: 0.15µg (2.55%)