



Moroccan-Style Chicken Thighs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



673 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 15 ounce chickpeas drained canned (garbanzo beans)
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 2 pounds chicken thighs
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 teaspoons ground cumin

- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt
- ☐ 2 cups zucchini sliced ()

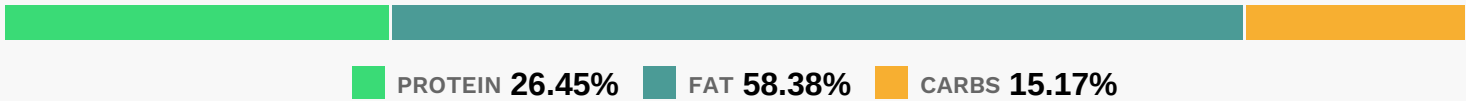
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 6 ingredients in a small bowl; rub chicken with cumin mixture.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add chicken, and saut 3 minutes on each side.
- ☐ Add chickpeas and tomatoes; cook 5 minutes.
- ☐ Add zucchini and broth; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Stir in lemon juice.
- ☐ Garnish with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:43.08, Glycemic Load:6.26, Inflammation Score:-7, Nutrition Score:30.579130577004%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 673.2kcal (33.66%), Fat: 44.07g (67.8%), Saturated Fat: 10.98g (68.6%), Carbohydrates: 25.76g (8.59%), Net Carbohydrates: 18.06g (6.57%), Sugar: 6.25g (6.94%), Cholesterol: 222.26mg (74.09%), Sodium: 1019.49mg (44.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.93g (89.87%), Vitamin B6: 1.55mg (77.55%), Manganese: 1.44mg (72.17%), Selenium: 45.98µg (65.69%), Vitamin B3: 12.43mg (62.17%), Phosphorus: 509.86mg (50.99%), Potassium: 1122.15mg (32.06%), Fiber: 7.7g (30.82%), Vitamin B5: 3.08mg (30.76%), Iron: 5.23mg (29.07%), Zinc: 4.15mg (27.65%), Magnesium: 109.38mg (27.35%), Vitamin C: 22.4mg (27.15%), Copper: 0.52mg (25.95%), Vitamin B2: 0.44mg (25.84%), Vitamin B12: 1.51µg (25.14%), Vitamin B1: 0.32mg (21.17%), Vitamin E: 2.42mg (16.15%), Folate: 62.92µg (15.73%), Vitamin K: 15.42µg (14.69%), Vitamin A: 604.16IU (12.08%), Calcium: 116.26mg (11.63%), Vitamin D: 0.23µg (1.51%)