






 **27%**
HEALTH SCORE

Moroccan-Style Stewed Chicken

 Dairy Free

READY IN

430 min.

SERVINGS

4

CALORIES

387 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 14.5 ounce canned tomatoes diced undrained canned
- 4 cups chicken stock see swanson®
- 4 servings orzo pasta hot cooked
- 3 cloves garlic minced
- 1 large bell pepper green cut into 2-inch-long strips
- 0.5 teaspoon ground cinnamon
- 2 teaspoons ground cumin
- 2 tablespoons honey

- 1 large onion chopped
- 0.5 cup raisins
- 2 ounce chicken thighs boneless skinless

Equipment

- bowl
- slow cooker

Directions

- Stir the stock, garlic, honey, cumin, cinnamon, tomatoes, green pepper, onion and raisins in a 6-quart slow cooker.
- Add the chicken and turn to coat.
- Cover and cook on LOW for 7 to 8 hours* or until the chicken is cooked through.
- Divide the stew among 4 serving bowls. Top each with about 1/2 cup orzo, if desired.

Nutrition Facts



Properties

Glycemic Index:68.64, Glycemic Load:27.36, Inflammation Score:-7, Nutrition Score:19.597391159638%

Flavonoids

Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg, Luteolin: 1.94mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg

Nutrients (% of daily need)

Calories: 386.94kcal (19.35%), Fat: 4.98g (7.67%), Saturated Fat: 1.2g (7.48%), Carbohydrates: 71.86g (23.95%), Net Carbohydrates: 65.51g (23.82%), Sugar: 20.03g (22.26%), Cholesterol: 20.67mg (6.89%), Sodium: 502.63mg (21.85%), Alcohol: 0g (100%), Protein: 16.98g (33.96%), Vitamin C: 47.49mg (57.57%), Selenium: 32.3µg (46.14%), Manganese: 0.73mg (36.69%), Vitamin B3: 6.7mg (33.5%), Vitamin B6: 0.61mg (30.57%), Potassium: 934.71mg (26.71%), Copper: 0.53mg (26.35%), Fiber: 6.36g (25.42%), Iron: 4.5mg (24.98%), Phosphorus: 215.17mg (21.52%), Vitamin B2: 0.36mg (21.41%), Vitamin B1: 0.26mg (17.51%), Magnesium: 66.58mg (16.65%), Folate: 44.04µg (11.01%),

Vitamin E: 1.63mg (10.89%), Zinc: 1.51mg (10.09%), Vitamin K: 9.69µg (9.23%), Calcium: 83.68mg (8.37%), Vitamin A: 397.64IU (7.95%), Vitamin B5: 0.67mg (6.67%), Vitamin B12: 0.09µg (1.51%)