



Moroccan Chili and 10,000 Grains of Sand

READY IN



40 min.

SERVINGS



4

CALORIES



1501 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 apricots chopped
- 1 bay leaf
- 2 tablespoons butter
- 14 ounce tomato sauce canned
- 1.5 cups chicken stock see
- 2 tablespoons chili powder
- 3 tablespoons chives finely chopped
- 1.5 cups couscous
- 2 cloves garlic finely chopped

- 1 handful golden raisins
- 1 bell pepper green seeded chopped
- 0.3 teaspoon ground cinnamon
- 1 tablespoon ground coriander
- 0.5 tablespoon ground cumin
- 2 pounds lamb
- 1 lemon zest juiced
- 1 handful mint leaves fresh chopped
- 2 tablespoons olive oil extra-virgin
- 1 large onion chopped
- 0.5 teaspoon paprika
- 1 handful parsley leaves fresh chopped
- 3 tablespoons pinenuts toasted
- 8 pita breads cut into wedges for scooping
- 4 servings salt and pepper black freshly ground
- 2 tablespoons worcestershire sauce

Equipment

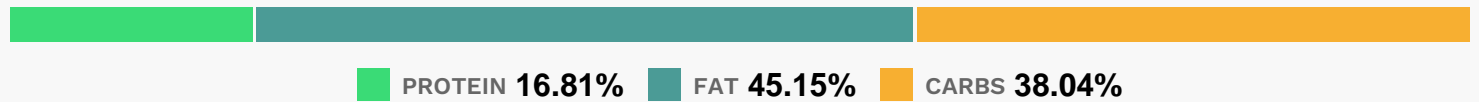
- bowl
- frying pan
- oven
- pot
- broiler

Directions

- Preheat oven to 400 degrees F.
- Heat skillet with extra-virgin olive oil, add meat and brown. Season the meat with salt and pepper, to taste, chili powder, cumin, coriander, cinnamon and paprika.

- Add the bay leaf, onions, bell pepper and garlic to the pan. Cook until onions are soft, 8 minutes.
- Add lemon juice and zest, Worcestershire sauce and tomato sauce. Stir and reduce heat to simmer.
- Bring butter and stock to a boil in a pot with tight fitting lid.
- Add dried fruit and couscous, stir then turn off heat and set lid in place.
- Let stand 5 minutes.
- Add nuts and herbs and toss with fork.
- Toast pita wedges in hot oven or under broiler. Pile chili in bowls, top with "sand" and serve with pita wedges for scooping.

Nutrition Facts



Properties

Glycemic Index:139.08, Glycemic Load:95.97, Inflammation Score:-10, Nutrition Score:51.353478628656%

Flavonoids

Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg, Catechin: 1.28mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg, Apigenin: 2.22mg Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg, Isorhamnetin: 2.03mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg, Quercetin: 9.16mg

Nutrients (% of daily need)

Calories: 1501.03kcal (75.05%), Fat: 75.34g (115.91%), Saturated Fat: 28.83g (180.16%), Carbohydrates: 142.79g (47.6%), Net Carbohydrates: 130.63g (47.5%), Sugar: 16.52g (18.35%), Cholesterol: 183.31mg (61.1%), Sodium: 1567.87mg (68.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 63.12g (126.25%), Vitamin B3: 22.07mg (110.37%), Manganese: 2.19mg (109.65%), Vitamin B12: 5.25µg (87.51%), Phosphorus: 736.49mg (73.65%), Zinc: 10.6mg (70.65%), Selenium: 47.11µg (67.29%), Vitamin A: 2947.75IU (58.96%), Iron: 9.95mg (55.25%), Vitamin B1: 0.81mg (54.3%), Vitamin C: 44.45mg (53.88%), Vitamin B2: 0.91mg (53.52%), Copper: 1.02mg (51.07%), Fiber: 12.16g (48.63%), Vitamin K: 49.61µg (47.25%), Potassium: 1643.96mg (46.97%), Magnesium: 173.09mg (43.27%), Vitamin B6: 0.84mg (41.91%), Vitamin E: 5.87mg (39.13%), Vitamin B5: 3.31mg (33.05%), Folate: 117.67µg (29.42%), Calcium: 239.07mg (23.91%), Vitamin D: 0.23µg (1.51%)