



Pan-Roasted Chicken with Harissa Chickpeas



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



889 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 30 ounce garbanzo beans rinsed canned
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic clove finely chopped
- ☐ 0.3 cup harissa
- ☐ 4 servings pepper freshly ground
- ☐ 4 servings lemon wedges for serving
- ☐ 0.5 cup chicken broth low-sodium
- ☐ 1 tablespoon olive oil

- ☐ 1 small onion finely chopped
- ☐ 3 pounds chicken thighs bone-in
- ☐ 2 tablespoons tomato paste

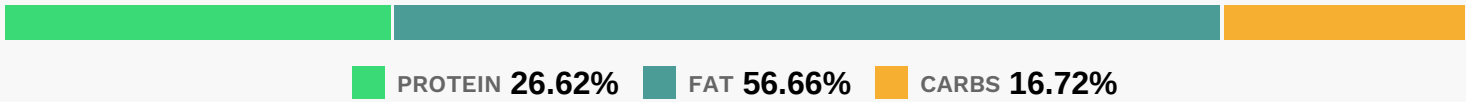
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Preheat oven to 425°F.
- ☐ Heat oil in a largeovenproof skillet over medium-high heat.Season chicken with salt and pepper.Working in 2 batches, cook until browned,about 5 minutes per side; transfer to a plate.
- ☐ Pour off all but 1 tablespoon drippings from pan.
- ☐ Add onion and garlic; cook, stirring often,until softened, about 3 minutes.
- ☐ Add tomatopaste and cook, stirring, until beginningto darken, about 1 minute.
- ☐ Add chickpeas,harissa, and broth; bring to a simmer.
- ☐ Nestle chicken, skin side up, inchickpeas; transfer skillet to oven. Roastuntil chicken is cooked through, 20–25minutes. Top with parsley and servewith lemon wedges for squeezing over.
- ☐ Per serving: 530 calories, 20 g fat, 10 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:57.96, Glycemic Load:8.89, Inflammation Score:-8, Nutrition Score:38.03608697912%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.07mg

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 889.42kcal (44.47%), Fat: 56g (86.16%), Saturated Fat: 13.95g (87.18%), Carbohydrates: 37.18g (12.39%), Net Carbohydrates: 26.58g (9.66%), Sugar: 4.1g (4.55%), Cholesterol: 283.38mg (94.46%), Sodium: 1117.6mg (48.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 59.2g (118.41%), Vitamin B6: 2.09mg (104.46%), Manganese: 1.88mg (93.82%), Selenium: 59.25µg (84.64%), Vitamin B3: 14.71mg (73.55%), Vitamin K: 71.74µg (68.32%), Phosphorus: 661.2mg (66.12%), Fiber: 10.6g (42.4%), Vitamin B5: 3.63mg (36.34%), Zinc: 5.28mg (35.19%), Potassium: 1123.67mg (32.1%), Vitamin B12: 1.88µg (31.34%), Magnesium: 122.3mg (30.58%), Iron: 5.32mg (29.55%), Copper: 0.56mg (27.89%), Vitamin B2: 0.46mg (26.89%), Vitamin B1: 0.32mg (21.13%), Folate: 73.52µg (18.38%), Vitamin A: 812.62IU (16.25%), Vitamin C: 11.98mg (14.52%), Vitamin E: 1.82mg (12.12%), Calcium: 117.68mg (11.77%), Vitamin D: 0.29µg (1.93%)