



Persian Chicken Stew

 Dairy Free

READY IN



105 min.

SERVINGS



30

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 allspice
- ☐ 3 cardamom pods crushed
- ☐ 1 meat from a rotisserie chicken quartered for another use
- ☐ 1 cinnamon sticks
- ☐ 30 servings couscous for serving
- ☐ 3 garlic gloves peeled smashed
- ☐ 1 lime zest dried
- ☐ 2 cups chicken broth low-sodium

- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 1 onion cut into 1/2-inch dice
- ☐ 1 cup pomegranate juice
- ☐ 0.3 cup raisins
- ☐ 0.5 tablespoon red wine vinegar
- ☐ 1 pinch saffron threads soaked in
- ☐ 30 servings salt and pepper black freshly ground
- ☐ 1 cup walnuts chopped

Equipment

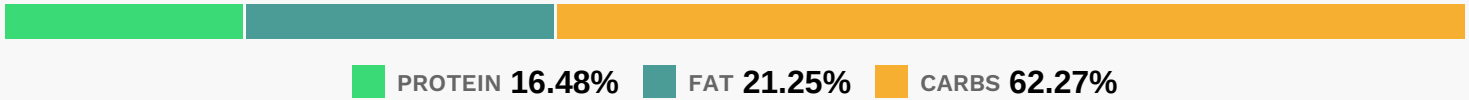
- ☐ bowl
- ☐ oven

Directions

- ☐ Preheat the oven to 35
- ☐ Season the chicken with salt and pepper. In a large enameled cast-iron casserole, heat the olive oil.
- ☐ Add half of the chicken along with the backbone and neck and cook over moderately high heat until browned, about 4 minutes per side.
- ☐ Transfer the chicken to a plate and repeat with the remaining pieces.
- ☐ Pour off all but 2 tablespoons of the fat in the casserole.
- ☐ Add the onion, smashed garlic cloves, raisins and chopped walnuts to the casserole and cook over moderate heat, stirring occasionally, until the onion is softened and golden brown, about 7 minutes.
- ☐ Add the saffron water, chicken broth, pomegranate juice, cardamom, allspice, dried lime and cinnamon stick and bring to a boil over moderately high heat. Return the chicken pieces to the casserole, skin side up, along with any accumulated juices. Cover and braise the chicken in the oven for about 35 minutes, until the breasts are cooked through.
- ☐ Transfer the chicken breasts to a medium bowl and keep them warm. Continue braising the dark meat pieces for about 15 minutes, until the legs are cooked through.
- ☐ Transfer the legs to the bowl. Discard the chicken back and neck.

- ☐
- Boil the braising liquid over high heat until it is reduced to 3/4 cup, about 15 minutes. Discard the dried lime, cardamom, allspice and cinnamon stick.
- ☐
- Add the red wine vinegar and season the sauce with salt and pepper. Return the chicken pieces to the sauce and simmer them gently until they are heated through, about 3 minutes.
- ☐
- Transfer the chicken stew to shallow bowls and serve with couscous.

Nutrition Facts



Properties

Glycemic Index:11.99, Glycemic Load:29.93, Inflammation Score:-2, Nutrition Score:8.1956521259702%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 335.88kcal (16.79%), Fat: 7.85g (12.08%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 51.75g (17.25%), Net Carbohydrates: 48.02g (17.46%), Sugar: 1.37g (1.52%), Cholesterol: 19.04mg (6.35%), Sodium: 30.22mg (1.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.7g (27.39%), Manganese: 0.73mg (36.64%), Vitamin B3: 4.2mg (20.99%), Phosphorus: 165.31mg (16.53%), Fiber: 3.73g (14.92%), Copper: 0.25mg (12.36%), Vitamin B5: 1.06mg (10.61%), Magnesium: 40.93mg (10.23%), Vitamin B6: 0.2mg (9.76%), Vitamin B1: 0.14mg (9.05%), Zinc: 1.02mg (6.83%), Iron: 1.17mg (6.47%), Potassium: 222.55mg (6.36%), Selenium: 3.96µg (5.66%), Vitamin B2: 0.1mg (5.6%), Folate: 20.69µg (5.17%), Calcium: 27.99mg (2.8%), Vitamin K: 2.14µg (2.04%), Vitamin C: 1.6mg (1.94%), Vitamin E: 0.28mg (1.86%), Vitamin B12: 0.09µg (1.57%)