



## Quick Tagine-Style Chicken

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



792 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 cups chicken stock see
- 0.1 teaspoon cinnamon
- 1.5 teaspoons coarse salt and coarse pepper (recommended: Montreal Seasoning by McCormick)
- 1.5 cups couscous
- 1 leaves flat-leaf parsley chopped
- 4 servings international food aisles
- 4 cloves garlic with the heel of your hand, discard skins smashed
- 0.5 teaspoon ground coriander

- 1.5 teaspoons ground cumin
- 2 cups chicken stock see low sodium
- 2 tablespoons olive oil extra-virgin
- 2 tablespoons olive oil extra-virgin
- 2 medium skinned onion yellow sliced quartered
- 10 prune- cut to pieces pitted coarsely chopped
- 2 scallions finely chopped
- 4 servings scallions finely chopped
- 1.5 pounds chicken breasts boneless skinless cut into large bite-size pieces
- 1.5 teaspoons paprika sweet
- 0.5 teaspoon tumeric
- 1 ounce or

## Equipment

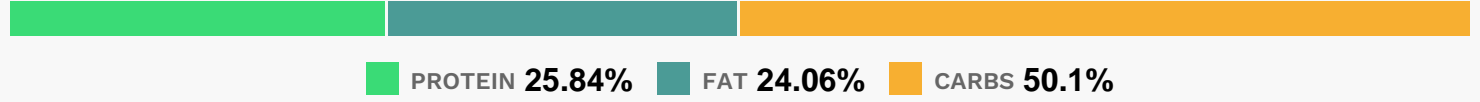
- frying pan
- pot
- stove

## Directions

- Watch how to make this recipe.
- Heat a large nonstick skillet over medium high heat.
- Add extra-virgin olive oil, 2 turns of the pan, in a slow stream, and add smashed garlic. Season the chicken with seasoning blend. Scatter chicken around the pan in an even layer. Cook chicken pieces 2 minutes on each side to brown, then add the onions, prunes, raisins and stock.
- Mix spices in a small dish and scatter over the pot. Cover and reduce to moderate heat. Cook 7 or 8 minutes, remove the lid and stir.
- To prepare the couscous, bring chicken stock to a boil.
- Add couscous, extra-virgin olive oil and scallions and remove the couscous from the stove immediately. Cover and let stand 5 minutes. Fluff the couscous with a fork.

- Uncover chicken and cook another 2 to 3 minutes to thicken slightly. Adjust the seasoning, to taste, and serve chicken on a bed of couscous.
- Garnish with chopped cilantro and scallions.
- Serve with chutney.

## Nutrition Facts



### Properties

Glycemic Index:98.42, Glycemic Load:46.81, Inflammation Score:-10, Nutrition Score:33.216956568801%

### Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 13.12mg, Quercetin: 13.12mg, Quercetin: 13.12mg, Quercetin: 13.12mg

### Nutrients (% of daily need)

Calories: 791.89kcal (39.59%), Fat: 21.26g (32.7%), Saturated Fat: 3.6g (22.52%), Carbohydrates: 99.6g (33.2%), Net Carbohydrates: 91.45g (33.25%), Sugar: 27.82g (30.91%), Cholesterol: 111.56mg (37.19%), Sodium: 383.12mg (16.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 51.36g (102.72%), Vitamin B3: 23.97mg (119.84%), Selenium: 57.96µg (82.8%), Vitamin B6: 1.64mg (82.21%), Vitamin K: 65.47µg (62.35%), Phosphorus: 592.08mg (59.21%), Manganese: 0.94mg (47.06%), Potassium: 1374.83mg (39.28%), Vitamin B5: 3.48mg (34.81%), Fiber: 8.16g (32.63%), Magnesium: 110.27mg (27.57%), Vitamin B2: 0.46mg (26.98%), Copper: 0.5mg (24.97%), Iron: 4.15mg (23.05%), Vitamin E: 3.18mg (21.18%), Vitamin B1: 0.31mg (20.81%), Vitamin A: 801.6IU (16.03%), Zinc: 2.23mg (14.89%), Vitamin C: 12.18mg (14.76%), Folate: 51.22µg (12.8%), Calcium: 118.28mg (11.83%), Vitamin B12: 0.46µg (7.64%), Vitamin D: 0.17µg (1.13%)