



Roasted Moroccan-Spiced Grapes and Chicken



Gluten Free



Dairy Free

READY IN



52 min.

SERVINGS



4

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 1.5 pounds chicken thighs bone-in trimmed
- ☐ 4 large carrots quartered cut into 1/2-inch pieces (3 cups)
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 5 teaspoons olive oil divided
- ☐ 0.3 cup olives pitted
- ☐ 3 cups grapes red seedless
- ☐ 1.5 cups onion yellow sliced

Equipment

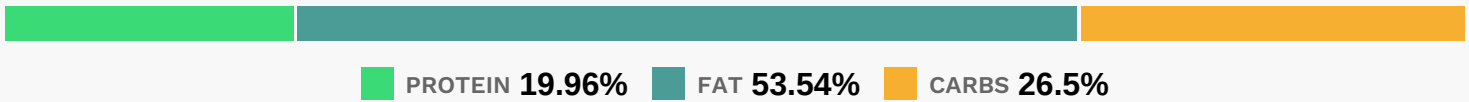
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Place 2 jelly-roll pans in oven. Preheat oven to 450
- ☐ Combine onion, carrots, and 1 tablespoon oil in a bowl; toss well. Arrange carrot mixture on 1 preheated pan; sprinkle with 1/4 teaspoon salt.
- ☐ Bake at 450 for 10 minutes.
- ☐ Combine 3/8 teaspoon salt, 1/4 teaspoon black pepper, and next 4 ingredients (through red pepper) in a small bowl.
- ☐ Sprinkle chicken evenly with spice mixture.
- ☐ Heat a small skillet over medium-high heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Add chicken to pan, skin side down; cook 5 minutes or until browned and skin is crisp.
- ☐ Remove chicken from pan.
- ☐ Add chicken to vegetable mixture, skin side up.
- ☐ Bake at 450 for 20 minutes or until chicken is done and vegetables are tender.
- ☐ Combine remaining 1 teaspoon oil, grapes, remaining 1/8 teaspoon salt, remaining 1/4 teaspoon black pepper, and olives in a medium bowl; toss well.
- ☐ Place grape mixture on remaining preheated jelly-roll pan.

- ☐ Bake at 450 for 15 minutes or until grapes are charred and beginning to soften, stirring occasionally.
- ☐ Place 1/2 cup vegetable mixture and 1/2 cup grape mixture on each of 4 plates. Top each serving with 1 chicken thigh.
- ☐ Sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:56.46, Glycemic Load:12.55, Inflammation Score:-10, Nutrition Score:23.741304270599%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg, Quercetin: 12.34mg

Nutrients (% of daily need)

Calories: 508.27kcal (25.41%), Fat: 30.86g (47.47%), Saturated Fat: 7.46g (46.62%), Carbohydrates: 34.36g (11.45%), Net Carbohydrates: 29.68g (10.79%), Sugar: 23.59g (26.21%), Cholesterol: 141.69mg (47.23%), Sodium: 735.13mg (31.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.89g (51.77%), Vitamin A: 12449.6IU (248.99%), Vitamin K: 65.75µg (62.62%), Selenium: 27.7µg (39.57%), Vitamin B3: 7.78mg (38.89%), Vitamin B6: 0.77mg (38.63%), Phosphorus: 298.12mg (29.81%), Potassium: 858.22mg (24.52%), Vitamin B2: 0.33mg (19.6%), Fiber: 4.68g (18.71%), Vitamin C: 15.1mg (18.3%), Vitamin B5: 1.81mg (18.1%), Manganese: 0.36mg (17.81%), Vitamin B1: 0.27mg (17.76%), Vitamin B12: 0.93µg (15.42%), Zinc: 2.22mg (14.79%), Copper: 0.3mg (14.77%), Vitamin E: 2.09mg (13.97%), Magnesium: 54.32mg (13.58%), Iron: 2.16mg (12.01%), Folate: 35.12µg (8.78%), Calcium: 74.47mg (7.45%)