



WHATSheATE



Spicy Moroccan rice



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



794 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 chicken breast diced skinless
- ☐ 1 tbsp suya seasoning mix
- ☐ 1 onion finely sliced
- ☐ 50 g butter
- ☐ 300 g rice
- ☐ 12 apricot dried halved
- ☐ 4 servings chicken stock cube
- ☐ 410 g garbanzo beans drained and rinsed canned

☐ 15 g flat parsley chopped

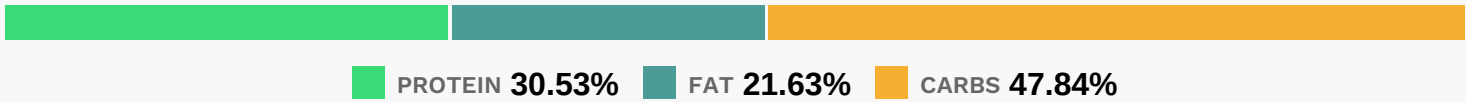
Equipment

☐ frying pan

Directions

- ☐ Coat chicken with the Moroccan spice. Fry the onion in butter until soft.
- ☐ Tip in the chicken, then cook for a few mins more. Stir in the rice and apricots, then pour in the stock cube with 700ml boiling water and the chickpeas.
- ☐ Cover the pan and simmer for 10 mins until the rice is tender and has absorbed most of the liquid. Toss in the chopped flat leaf parsley and serve.

Nutrition Facts



Properties

Glycemic Index:62.23, Glycemic Load:44.94, Inflammation Score:-9, Nutrition Score:39.986521523932%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 793.87kcal (39.69%), Fat: 18.96g (29.17%), Saturated Fat: 8.16g (51.02%), Carbohydrates: 94.35g (31.45%), Net Carbohydrates: 84.96g (30.89%), Sugar: 14.44g (16.04%), Cholesterol: 171.65mg (57.22%), Sodium: 876.51mg (38.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.2g (120.41%), Vitamin B3: 25.81mg (129.04%), Selenium: 86.94µg (124.19%), Vitamin B6: 2.41mg (120.56%), Manganese: 1.97mg (98.61%), Vitamin K: 86.73µg (82.6%), Phosphorus: 680.17mg (68.02%), Vitamin B5: 4.51mg (45.14%), Potassium: 1462.02mg (41.77%), Fiber: 9.4g (37.59%), Vitamin A: 1639.83IU (32.8%), Magnesium: 128.28mg (32.07%), Iron: 5mg (27.77%), Copper: 0.5mg (25.24%), Zinc: 3.13mg (20.85%), Vitamin B2: 0.34mg (19.71%), Vitamin B1: 0.26mg (17.17%), Vitamin E: 2.55mg (17.03%), Folate: 63.44µg (15.86%), Calcium: 156.75mg (15.68%), Vitamin C: 10.17mg (12.33%), Vitamin B12: 0.48µg (7.94%), Vitamin D: 0.23µg (1.51%)