



Tagine of Chicken and Chickpeas

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 15.5 ounce chickpeas rinsed drained canned (garbanzo beans)
- 2 tablespoons cilantro leaves fresh chopped
- 0.5 teaspoon ground ginger
- 0.5 teaspoon ground turmeric
- 1 teaspoon hungarian paprika sweet
- 1 tablespoon olive oil
- 2 cups onion diced (2 medium)

- 2 cups plum tomatoes seeded chopped (3)
- 0.3 teaspoon salt
- 1 pound chicken breast halves boneless skinless
- 1 pound chicken thighs boneless skinless (4)

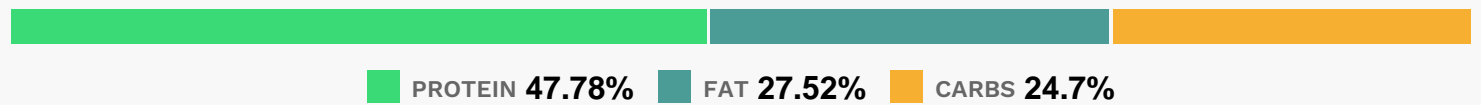
Equipment

- bowl
- frying pan
- cutting board

Directions

- Combine first 4 ingredients in a small bowl; rub spice mixture evenly over chicken.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add chicken to pan; cook 3 minutes on each side or until lightly browned.
- Transfer chicken to a cutting board; cool slightly. Slice and return to pan.
- Add onion; saut 3 minutes.
- Add tomato and salt; cover and cook 15 minutes.
- Add chickpeas; cover and cook 15 minutes, stirring occasionally. Stir in cilantro.

Nutrition Facts



Properties

Glycemic Index:47.33, Glycemic Load:6.92, Inflammation Score:-10, Nutrition Score:33.559130160705%

Flavonoids

Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg, Naringenin: 0.8mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 17.03mg, Quercetin: 17.03mg, Quercetin: 17.03mg, Quercetin: 17.03mg

Nutrients (% of daily need)

Calories: 448.61kcal (22.43%), Fat: 13.66g (21.02%), Saturated Fat: 2.61g (16.32%), Carbohydrates: 27.59g (9.2%), Net Carbohydrates: 19.68g (7.16%), Sugar: 6.57g (7.3%), Cholesterol: 180.3mg (60.1%), Sodium: 693.01mg (30.13%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 53.37g (106.74%), Vitamin B6: 2.08mg (104.08%), Vitamin B3: 19.19mg (95.95%), Selenium: 64.7µg (92.43%), Manganese: 1.3mg (64.99%), Phosphorus: 592.62mg (59.26%), Potassium: 1276.53mg (36.47%), Vitamin B5: 3.53mg (35.25%), Fiber: 7.91g (31.65%), Vitamin C: 23.72mg (28.75%), Magnesium: 108.42mg (27.1%), Vitamin A: 1325.23IU (26.5%), Zinc: 3.52mg (23.47%), Vitamin B2: 0.38mg (22.49%), Vitamin B1: 0.29mg (19.52%), Iron: 3.46mg (19.23%), Copper: 0.37mg (18.58%), Folate: 70µg (17.5%), Vitamin B12: 0.95µg (15.88%), Vitamin K: 16.55µg (15.76%), Vitamin E: 1.74mg (11.59%), Calcium: 87.25mg (8.73%)