

Moroccan Chicken

Sandi Goodness

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

4 skinless/ boneless chicken breasts or
6 skinless thighs
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon paprika
1 tablespoon brown sugar
1/2 teaspoon cinnamon
1/4 teaspoon black pepper
1 cup chicken broth
1 onion, chopped
1 cup dried apricot halves

Place the chicken in the bottom of a crockpot.

Add the onion and apricots.

In a bowl, mix the coriander, cumin, paprika, brown sugar, cinnamon and black pepper. Add the chicken broth. Mix well. Pour over the chicken.

Cook on LOW heat for six to eight hours.

Serve over couscous or rice.

Per Serving (excluding unknown items): 701 Calories; 3g Fat (3.9% calories from fat); 15g Protein; 170g Carbohydrate; 24g Dietary Fiber; 0mg Cholesterol; 799mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable; 9 1/2 Fruit; 0 Fat; 1/2 Other Carbohydrates.

Chicken, Slow Cooker

Per Serving Nutritional Analysis

Calories (kcal):	701
% Calories from Fat:	3.9%
% Calories from Carbohydrates:	88.2%
% Calories from Protein:	7.9%
Total Fat (g):	3g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	170g
Dietary Fiber (g):	24g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	53mcg
Niacin (mg):	11mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0.00%

Food Exchanges

Grain (Starch):	1/2
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Protein (g): 15g
Sodium (mg): 799mg
Potassium (mg): 3794mg
Calcium (mg): 196mg
Iron (mg): 14mg
Zinc (mg): 2mg
Vitamin C (mg): 15mg
Vitamin A (i.u.): 18552IU
Vitamin A (r.e.): 1855RE

Lean Meat: 1/2
Vegetable: 1 1/2
Fruit: 9 1/2
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 701 **Calories from Fat:** 27

% Daily Values*

Total Fat 3g 5%
 Saturated Fat 1g 3%
Cholesterol 0mg 0%
Sodium 799mg 33%
Total Carbohydrates 170g 57%
 Dietary Fiber 24g 98%
Protein 15g

Vitamin A 371%
Vitamin C 24%
Calcium 20%
Iron 80%

* Percent Daily Values are based on a 2000 calorie diet.