

# Lebanese Chicken with 7-Spice

Yield: 4 min  
Total Time: 63 min

Recipe from: <https://www.recipeschoose.com/recipes/lebanese-7-spice-seasoning-recipe>

## Ingredients:

- 2 pounds chicken skin on, bone-in thighs or legs, see notes, for boneless, skinless options
- 2 tablespoons olive oil
- 2 1/2 teaspoons salt use 1 teaspoon salt per pound of chicken plus an extra 1/2 teaspoon for the onions
- 2 teaspoons cracked pepper
- 2 tablespoons spice Lebanese 7-, see below
- 1 large red onion extra-, sliced into 1/2 inch wedges
- 4 garlic cloves rough chopped
- 1 tablespoon preserved lemon chopped, totally optional
- 1 lemon sliced thinly
- 1/4 cup Marcona almonds or slivered almonds or pinenuts
- parsley for garnish, optional
- 1 teaspoon cumin
- 1 teaspoon allspice
- 1 teaspoon cinnamon
- 1 teaspoon coriander
- 1/2 teaspoon ground cloves
- 1/2 teaspoon nutmeg
- 1/4 teaspoon cardamom

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 145 milligrams
4. Fat: 18 grams
5. Fiber: 4 grams
6. Protein: 48 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1650 milligrams

9. Sugar: 2 grams

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