

# Apricot-Almond Chicken

 **Gluten Free**  **Dairy Free**

READY IN



**30 min.**

SERVINGS



**4**

CALORIES



**305 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.5 cup almonds sliced
- 0.5 cup apricot preserves
- 1 tablespoon dijon mustard
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 1.3 lb chicken breast boneless skinless
- 1 tablespoon soya sauce

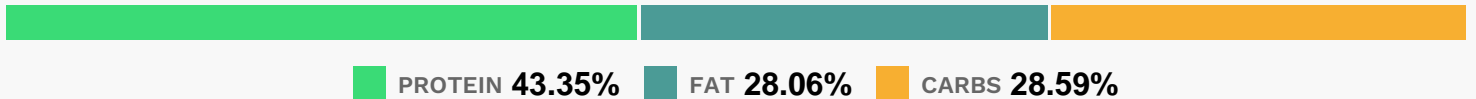
## Equipment

- bowl
- frying pan
- oven
- aluminum foil
- microwave

## Directions

- Heat oven to 425F. Line 15x10x1-inch pan with foil; spray foil with cooking spray.
- Place chicken in pan; spray with cooking spray and sprinkle with salt and pepper.
- Bake 5 minutes.
- Meanwhile, in small microwavable bowl, mix preserves, soy sauce and mustard; microwave on High 1 minute or until preserves are melted.
- Stir preserves mixture and spoon over chicken; sprinkle evenly with almonds.
- Bake 10 to 15 minutes longer or until juice of chicken is clear when center of thickest part is cut (170F).

## Nutrition Facts



## Properties

Glycemic Index:22.25, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:17.899130451938%

## Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 304.89kcal (15.24%), Fat: 9.6g (14.77%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 22.02g (7.34%), Net Carbohydrates: 20.28g (7.37%), Sugar: 13.47g (14.96%), Cholesterol: 90.72mg (30.24%), Sodium: 614.35mg

(26.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.38g (66.75%), Vitamin B3: 15.41mg (77.05%), Selenium: 47.74µg (68.2%), Vitamin B6: 1.1mg (54.76%), Phosphorus: 363.87mg (36.39%), Vitamin E: 3.27mg (21.77%), Vitamin B5: 2.11mg (21.09%), Potassium: 647.56mg (18.5%), Magnesium: 72.8mg (18.2%), Manganese: 0.34mg (17.12%), Vitamin B2: 0.29mg (16.99%), Copper: 0.2mg (9.8%), Zinc: 1.24mg (8.29%), Vitamin B1: 0.12mg (8.27%), Iron: 1.27mg (7.06%), Fiber: 1.74g (6.96%), Vitamin C: 4.32mg (5.23%), Calcium: 47.57mg (4.76%), Vitamin B12: 0.28µg (4.72%), Folate: 12.11µg (3.03%), Vitamin A: 106.27IU (2.13%)