



## Apricot Chicken



Gluten Free



Popular

READY IN



50 min.

SERVINGS



6

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1.5 pounds apricots cut into 3/4 inch pieces
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons cider vinegar
- ☐ 2 pounds chicken breasts boneless skinless cut into 1 to 2-inch pieces
- ☐ 6 servings salt to taste
- ☐ 1 tablespoon butter (unsalted with olive oil)
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1.5 cups onion chopped

- ☐ 2 cups chicken stock see
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 1 teaspoon cinnamon
- ☐ 2 teaspoons tabasco to taste ( )
- ☐ 6 servings bell pepper black to taste
- ☐ 2 tablespoons parsley fresh chopped (for garnish)

## Equipment

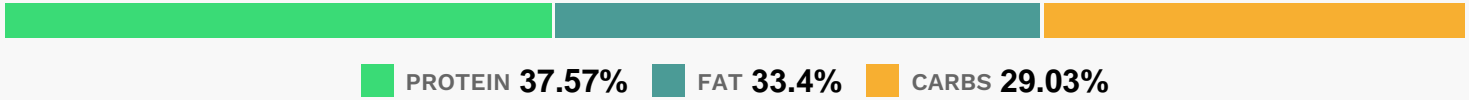
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ wooden spoon
- ☐ spatula

## Directions

- ☐ Marinate the apricots: In a large bowl, stir the apricots, sugar, and the vinegar together. Let sit while you brown the chicken in the next step.
- ☐ Brown the chicken in butter and olive oil: In a large sauté pan over medium-high heat, heat 1 tablespoon of butter and 2 tablespoons of the olive oil until hot.
- ☐ Working in batches to keep from crowding the pan, brown the chicken pieces on each side. As the chicken cooks, sprinkle with salt. Once the chicken is browned, remove the pieces from the pan to a bowl and set aside.
- ☐ Add the remaining 1 tablespoon of oil to the pan and sauté the onions until they begin to brown.
- ☐ As the onions cook and release moisture, use a flat edged spatula or wooden spoon to scrape off the browned bits from the chicken (called fond) from the bottom of the pan. If the pan becomes dry, add water, a tablespoon at a time to help release the onions from the bottom of the pan.
- ☐ Add the chicken stock: Once the onions have browned a bit, add the chicken stock and lower the heat to medium.

- ☐ Purée the apricots: Set aside 1 2/3 cups of the apricots for the finished dish. In a blender purée the remaining apricots, along with any juice they have released.
- ☐ Pour the purée into the pan with the stock and onions.
- ☐ Simmer the sauce: Stir the cinnamon, rosemary and Tabasco into the sauce. Bring the sauce to a simmer, then lower the heat and gently simmer for 10–20 minutes, or until the sauce thickens slightly. Taste and add black pepper to taste and add more salt and Tabasco if needed.
- ☐ Finish the dish: Just before serving, add the chicken and the reserved apricot pieces to the pan. Simmer gently for 5 minutes, or until the sauce is hot and the chicken is cooked through.
- ☐ Sprinkle with chopped parsley and serve with rice or egg noodles

## Nutrition Facts



## Properties

Glycemic Index:41.29, Glycemic Load:10.99, Inflammation Score:-9, Nutrition Score:23.850435039271%

## Flavonoids

Catechin: 4.16mg, Catechin: 4.16mg, Catechin: 4.16mg, Catechin: 4.16mg Epicatechin: 5.38mg, Epicatechin: 5.38mg, Epicatechin: 5.38mg, Epicatechin: 5.38mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 9.97mg, Quercetin: 9.97mg, Quercetin: 9.97mg, Quercetin: 9.97mg

## Nutrients (% of daily need)

Calories: 385.48kcal (19.27%), Fat: 14.32g (22.03%), Saturated Fat: 3.34g (20.88%), Carbohydrates: 28g (9.33%), Net Carbohydrates: 24.76g (9%), Sugar: 21.81g (24.24%), Cholesterol: 104.18mg (34.73%), Sodium: 523.17mg (22.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.24g (72.49%), Vitamin B3: 17.79mg (88.96%), Selenium: 50.55µg (72.22%), Vitamin B6: 1.3mg (64.79%), Vitamin A: 2416.67IU (48.33%), Phosphorus: 379.27mg (37.93%), Vitamin K: 30.91µg (29.44%), Potassium: 1014.32mg (28.98%), Vitamin B5: 2.49mg (24.91%), Vitamin C: 19.13mg (23.19%), Vitamin B2: 0.28mg (16.53%), Vitamin E: 2.41mg (16.07%), Magnesium: 59.56mg (14.89%), Fiber: 3.25g (12.98%), Manganese: 0.25mg (12.6%), Vitamin B1: 0.18mg (11.95%), Copper: 0.2mg (9.77%), Zinc: 1.32mg (8.77%), Iron: 1.46mg (8.1%), Folate: 30.43µg (7.61%), Vitamin B12: 0.31µg (5.11%), Calcium: 41.87mg (4.19%), Vitamin D: 0.19µg (1.24%)