



Apricot Chicken Breasts

 Dairy Free

READY IN



65 min.

SERVINGS



2

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 lb chicken breast boneless skinless
- ☐ 0.8 cup corn flakes/bran flakes whole grain total® crushed
- ☐ 0.3 cup apricot dried chopped
- ☐ 1 tablespoon butter melted
- ☐ 0.3 cup apricot preserves
- ☐ 1 teaspoon juice of lemon
- ☐ 1 serving salt and pepper

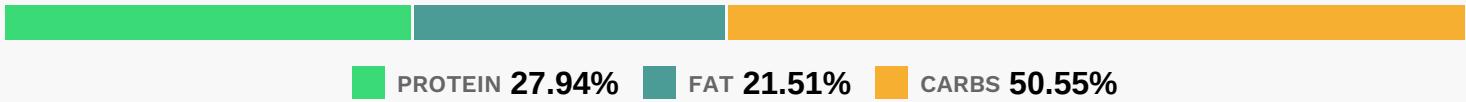
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ toothpicks
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Heat oven to 350°F. Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick.
- ☐ In small bowl, mix cereal, apricots and butter. Spoon half of cereal mixture on center of each chicken breast. Fold chicken in half horizontally over stuffing; secure with toothpicks.
- ☐ Place in ungreased 9-inch square pan.
- ☐ In 1-quart saucepan, heat preserves and lemon juice over medium-low heat, stirring occasionally, until preserves are melted.
- ☐ Pour over chicken.
- ☐ Bake 35 to 40 minutes or until juice of chicken is clear when center of thickest part is cut (170°F). Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:52.83, Glycemic Load:9.74, Inflammation Score:-8, Nutrition Score:22.276521957439%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg,

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 363.94kcal (18.2%), Fat: 9.05g (13.93%), Saturated Fat: 1.88g (11.75%), Carbohydrates: 47.88g (15.96%), Net Carbohydrates: 43.82g (15.93%), Sugar: 28.64g (31.83%), Cholesterol: 72.57mg (24.19%), Sodium: 392.87mg (17.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.46g (52.92%), Vitamin B3: 14.77mg (73.86%), Selenium: 45.31µg (64.73%), Vitamin B6: 1.14mg (56.86%), Phosphorus: 320.02mg (32%), Manganese: 0.61mg (30.34%), Iron: 5.25mg (29.15%), Folate: 107.18µg (26.79%), Vitamin A: 1326.04IU (26.52%), Potassium: 723.92mg (20.68%), Vitamin B2: 0.35mg (20.42%), Vitamin B5: 1.85mg (18.47%), Vitamin B1: 0.27mg (18.09%), Magnesium: 70.97mg (17.74%), Vitamin B12: 0.98µg (16.4%), Fiber: 4.06g (16.23%), Copper: 0.2mg (10.06%), Zinc: 1.5mg (9.97%), Vitamin E: 1.31mg (8.71%), Vitamin C: 5.97mg (7.24%), Vitamin D: 0.61µg (4.06%), Calcium: 31.4mg (3.14%)