



Apricot Chicken III

 Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



627 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce apricots drained canned
- 14 ounce all-natural apricot nectar canned
- 8 strips.
- 1 packet onion soup mix dry

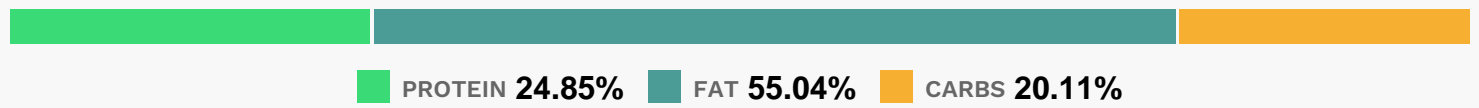
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Place chicken in a 9x13 inch baking dish.
- In a small bowl mix together soup mix and apricot nectar.
- Pour over chicken.
- Bake in preheated oven for 55 minutes.
- Sprinkle apricot halves over chicken and cook another 5 minutes.

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:3.76, Inflammation Score:-9, Nutrition Score:24.039565221123%

Flavonoids

Catechin: 3.64mg, Catechin: 3.64mg, Catechin: 3.64mg, Catechin: 3.64mg Epicatechin: 4.7mg, Epicatechin: 4.7mg, Epicatechin: 4.7mg, Epicatechin: 4.7mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 627.43kcal (31.37%), Fat: 38.41g (59.09%), Saturated Fat: 10.19g (63.68%), Carbohydrates: 31.58g (10.53%), Net Carbohydrates: 28.84g (10.49%), Sugar: 22.33g (24.82%), Cholesterol: 221.48mg (73.83%), Sodium: 986.05mg (42.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.01g (78.02%), Vitamin A: 3394.6IU (67.89%), Selenium: 42.86µg (61.23%), Vitamin B3: 11.39mg (56.93%), Vitamin C: 39.73mg (48.16%), Vitamin B6: 0.92mg (46.18%), Phosphorus: 405.96mg (40.6%), Vitamin B5: 2.71mg (27.15%), Potassium: 858.87mg (24.54%), Vitamin B12: 1.45µg (24.11%), Vitamin B2: 0.38mg (22.37%), Zinc: 3.17mg (21.1%), Vitamin B1: 0.28mg (18.96%), Magnesium: 63.82mg (15.96%), Copper: 0.25mg (12.34%), Vitamin E: 1.78mg (11.85%), Iron: 2.13mg (11.81%), Fiber: 2.74g (10.97%), Manganese: 0.21mg (10.54%), Vitamin K: 9.35µg (8.91%), Calcium: 56.19mg (5.62%), Folate: 16.7µg (4.18%), Vitamin D: 0.23µg (1.51%)