



Apricot Chicken with Almonds

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



342 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.5 cup apricot preserves
- ☐ 0.5 teaspoon pepper black
- ☐ 0.6 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 1.5 tablespoons soya sauce
- ☐ 1 tablespoon butter unsalted
- ☐ 1 tablespoon whole-grain mustard

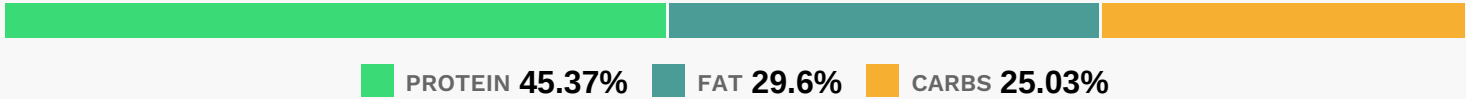
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Put oven rack in lower third of oven and preheat oven to 400°F. Lightly oil a 13- by 9-inch flameproof baking dish (not glass).
- ☐ Pat chicken dry and sprinkle all over with 1/2 teaspoon salt and 1/4 teaspoon pepper total, then arrange at least 1/4 inch apart in baking dish.
- ☐ Bake 10 minutes.
- ☐ While chicken bakes, toast almonds in a small baking pan in oven, stirring twice, until golden, 8 to 10 minutes.
- ☐ Meanwhile, cook apricot preserves, soy sauce, mustard, butter, and remaining 1/8 teaspoon salt and 1/4 teaspoon pepper in a small saucepan over moderate heat, stirring, until preserves are melted.
- ☐ Pour sauce over chicken and continue to bake until chicken is just cooked through, about 10 minutes more.
- ☐ Turn on broiler and broil chicken 4 to 5 inches from heat, basting once, until chicken is glazed and browned in spots, about 3 minutes.
- ☐ Serve sprinkled with almonds.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:0.16, Inflammation Score:-4, Nutrition Score:19.734347861746%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 341.93kcal (17.1%), Fat: 11.27g (17.34%), Saturated Fat: 3.07g (19.19%), Carbohydrates: 21.44g (7.15%), Net Carbohydrates: 20.11g (7.31%), Sugar: 13.34g (14.82%), Cholesterol: 116.39mg (38.8%), Sodium: 991.32mg (43.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.87g (77.74%), Vitamin B3: 18.32mg (91.61%), Selenium: 56.71µg (81.02%), Vitamin B6: 1.31mg (65.37%), Phosphorus: 409.03mg (40.9%), Vitamin B5: 2.51mg (25.1%), Potassium: 732.5mg (20.93%), Magnesium: 71.12mg (17.78%), Vitamin B2: 0.28mg (16.38%), Vitamin E: 2.42mg (16.14%), Manganese: 0.29mg (14.74%), Vitamin B1: 0.14mg (9.07%), Zinc: 1.3mg (8.69%), Copper: 0.17mg (8.53%), Iron: 1.31mg (7.26%), Vitamin B12: 0.35µg (5.77%), Vitamin C: 4.66mg (5.65%), Fiber: 1.33g (5.3%), Calcium: 40.93mg (4.09%), Vitamin A: 203.23IU (4.06%), Folate: 12.1µg (3.02%), Vitamin D: 0.22µg (1.48%)