



Apricot Chicken with Balsamic Vinegar

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

READY IN



55 min.

SERVINGS



8

CALORIES



299 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apricot preserves
- 0.3 cup balsamic vinegar to taste
- 2 pounds chicken tenderloins cut into bite-size pieces
- 1 cup chicken stock see
- 20 apricot dried
- 1 tablespoon thyme sprigs fresh chopped
- 2 tablespoons olive oil extra virgin extra-virgin
- 8 servings salt and pepper to taste

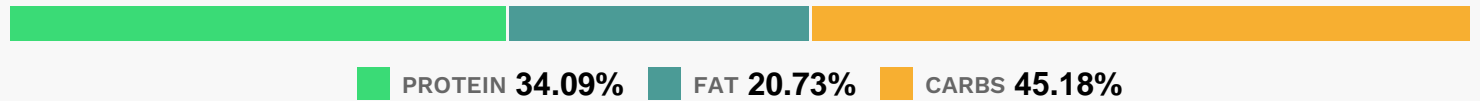
Equipment

frying pan

Directions

- Heat the olive oil in a large skillet with a lid over medium-high heat. Season the chicken with salt and pepper, and cook in the hot oil until golden brown around the edges, but still pink in the center, about 5 minutes. Stir in the onion, and cook for about 3 minutes more.
- Pour in the balsamic vinegar, bring it to a simmer, and allow it to reduce for a few minutes.
- Cut half of the apricots in half, leaving the others whole.
- Place the apricots into the skillet, and pour in the chicken stock. Bring to a simmer, then stir in the apricot preserves and thyme. Reduce the heat to medium-low, cover, and simmer until the apricots have softened, 10 to 15 minutes.
- Sprinkle with chopped parsley to serve.

Nutrition Facts



Properties

Glycemic Index:16.05, Glycemic Load:4.41, Inflammation Score:-8, Nutrition Score:14.501739128776%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 298.68kcal (14.93%), Fat: 6.97g (10.73%), Saturated Fat: 1.23g (7.7%), Carbohydrates: 34.2g (11.4%), Net Carbohydrates: 32.52g (11.83%), Sugar: 25.18g (27.98%), Cholesterol: 73.47mg (24.49%), Sodium: 384.04mg (16.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.8g (51.61%), Vitamin B3: 12.85mg (64.23%), Selenium: 37.98µg (54.26%), Vitamin B6: 0.91mg (45.26%), Phosphorus: 263.76mg (26.38%), Potassium: 720.17mg (20.58%), Vitamin B5: 1.73mg (17.29%), Vitamin A: 857.92IU (17.16%), Vitamin E: 1.63mg (10.89%), Magnesium: 40.63mg (10.16%), Vitamin B2: 0.16mg (9.67%), Iron: 1.39mg (7.73%), Copper: 0.15mg (7.6%), Vitamin C: 5.62mg (6.82%),

Fiber: 1.67g (6.68%), Vitamin B1: 0.09mg (5.77%), Zinc: 0.82mg (5.45%), Manganese: 0.1mg (5.09%), Vitamin B12: 0.23µg (3.78%), Calcium: 29.33mg (2.93%), Vitamin K: 3.01µg (2.87%), Folate: 8.73µg (2.18%)