



Apricot-Glaze Chicken

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

READY IN



30 min.

SERVINGS



2

CALORIES



408 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 chicken breast halves boneless skinless
- 0.3 cup mayonnaise
- 0.3 cup apricot preserves
- 2 tablespoons dehydrated onion dried minced

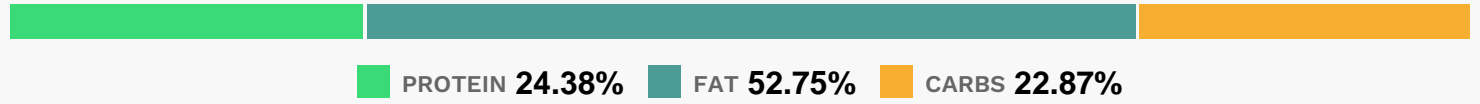
Equipment

- oven
- baking pan

Directions

- Place chicken in a greased 9-in. square baking dish.
- Combine the mayonnaise, preserves and onion; spoon over chicken.
- Bake, uncovered, at 350° for 25-minutes or until chicken juices run clear.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0.08, Inflammation Score:-3, Nutrition Score:14.657826014187%

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 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: 408.24kcal (20.41%), Fat: 23.95g (36.85%), Saturated Fat: 3.92g (24.52%), Carbohydrates: 23.37g (7.79%), Net Carbohydrates: 22.82g (8.3%), Sugar: 14.86g (16.52%), Cholesterol: 84.08mg (28.03%), Sodium: 321.76mg (13.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.91g (49.83%), Vitamin B3: 11.85mg (59.23%), Selenium: 37.65µg (53.78%), Vitamin B6: 0.93mg (46.73%), Vitamin K: 46.06µg (43.86%), Phosphorus: 259.22mg (25.92%), Vitamin B5: 1.73mg (17.33%), Potassium: 527.57mg (15.07%), Vitamin C: 7.71mg (9.34%), Magnesium: 35.44mg (8.86%), Vitamin E: 1.18mg (7.87%), Vitamin B2: 0.13mg (7.64%), Vitamin B1: 0.1mg (6.67%), Zinc: 0.81mg (5.4%), Manganese: 0.1mg (5.01%), Vitamin B12: 0.26µg (4.33%), Copper: 0.09mg (4.31%), Iron: 0.7mg (3.89%), Folate: 14.52µg (3.63%), Calcium: 26.65mg (2.67%), Vitamin A: 113.63IU (2.27%), Fiber: 0.55g (2.19%), Vitamin D: 0.17µg (1.13%)