



Apricot-Glazed Chicken

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce apricot halves drained canned
- 1 tablespoon brown sugar
- 1.5 tablespoons butter
- 1 tablespoon chili sauce
- 1 teaspoon ground cardamom
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon ground pepper black

- 0.5 onion sliced
- 4 chicken thighs skinless

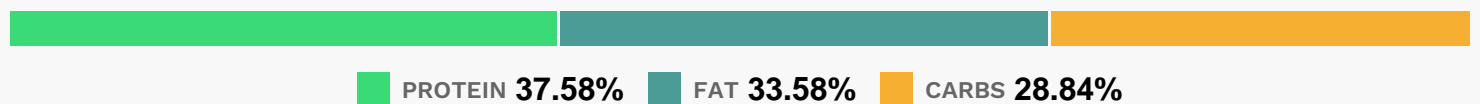
Equipment

- frying pan
- blender

Directions

- Melt the butter in a skillet over medium heat and brown the chicken thighs on both sides, 5 to 8 minutes per side.
- Remove the chicken thighs and set aside. In the hot skillet, cook and stir the onions until softened, about 5 minutes.
- Pour the apricot halves, chili sauce, brown sugar, cinnamon, cardamom, ginger, and black pepper into a blender, and pulse several times to puree.
- Pour the mixture into the skillet with the onions, bring to a boil, and reduce heat to a simmer. Simmer the sauce until slightly thickened, about 5 minutes. Return the chicken thighs to the sauce, and spoon sauce over the chicken. Simmer until the chicken is tender and no longer pink inside, 15 to 20 minutes.
- Serve chicken topped with sauce.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:4.39, Inflammation Score:-9, Nutrition Score:15.912608706433%

Flavonoids

Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg, Catechin: 3.9mg Epicatechin: 5.04mg, Epicatechin: 5.04mg, Epicatechin: 5.04mg, Epicatechin: 5.04mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 249.21kcal (12.46%), Fat: 9.42g (14.49%), Saturated Fat: 3.92g (24.52%), Carbohydrates: 18.2g (6.07%), Net Carbohydrates: 15.14g (5.51%), Sugar: 13.85g (15.39%), Cholesterol: 118.64mg (39.55%), Sodium: 187.41mg (8.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.72g (47.43%), Vitamin A: 2236IU (44.72%), Selenium: 26.16µg (37.37%), Vitamin B3: 7.1mg (35.48%), Vitamin B6: 0.59mg (29.53%), Manganese: 0.58mg (28.86%), Phosphorus: 245.92mg (24.59%), Potassium: 612.39mg (17.5%), Vitamin B5: 1.65mg (16.49%), Vitamin C: 12.38mg (15%), Vitamin B2: 0.25mg (14.91%), Zinc: 2.04mg (13.57%), Fiber: 3.05g (12.21%), Vitamin B12: 0.73µg (12.2%), Magnesium: 42.19mg (10.55%), Vitamin B1: 0.15mg (9.7%), Iron: 1.66mg (9.22%), Vitamin E: 1.36mg (9.09%), Copper: 0.17mg (8.53%), Vitamin K: 8.38µg (7.98%), Folate: 17.41µg (4.35%), Calcium: 41.36mg (4.14%)