



Apricot Glazed Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup apricot preserves
- ☐ 10.8 ounce chicken broth low-sodium canned
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon soya sauce light
- ☐ 6 chicken breasts boneless skinless
- ☐ 1 tablespoon water

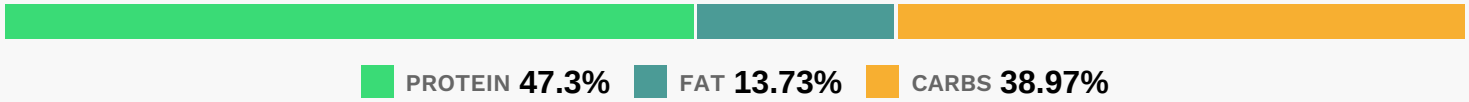
Equipment

- ☐ frying pan

Directions

- ☐ Spray a large skillet with nonstick cooking spray. Brown chicken in heated skillet.
- ☐ Add chicken broth, jam and soy sauce. Simmer for 20 minutes or until chicken is done (no longer pink in the center).
- ☐ Remove chicken from skillet.
- ☐ Add 1 tablespoon cornstarch and 1 tablespoon water to sauce to thicken (equal amounts more of each if you like it thicker). Return chicken to skillet and turn to coat thoroughly with sauce.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:11.702173817417%

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: 215.39kcal (10.77%), Fat: 3.29g (5.07%), Saturated Fat: 0.74g (4.59%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 20.91g (7.61%), Sugar: 12.95g (14.39%), Cholesterol: 72.32mg (24.11%), Sodium: 325.97mg (14.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.53g (51.06%), Vitamin B3: 12.61mg (63.05%), Selenium: 36.81µg (52.59%), Vitamin B6: 0.86mg (43.17%), Phosphorus: 257.5mg (25.75%), Vitamin B5: 1.63mg (16.27%), Potassium: 490.95mg (14.03%), Vitamin B2: 0.14mg (8.19%), Magnesium: 32.34mg (8.08%), Vitamin B1: 0.07mg (4.94%), Zinc: 0.74mg (4.92%), Vitamin C: 3.96mg (4.8%), Vitamin B12: 0.28µg (4.61%), Copper: 0.09mg (4.56%), Iron: 0.75mg (4.15%), Manganese: 0.04mg (2.22%), Vitamin A: 94.53IU (1.89%), Vitamin E: 0.25mg (1.69%), Calcium: 14.3mg (1.43%), Folate: 5.36µg (1.34%)