



WHATSheATE



Apricot-Glazed Chicken



Gluten Free



Dairy Free

READY IN



5460 min.

SERVINGS



8

CALORIES



432 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounces apricot preserves
- ☐ 4.5 pounds skin-on chicken drumsticks
- ☐ 0.3 cup ginger peeled finely chopped
- ☐ 0.5 cup red-wine vinegar
- ☐ 0.5 cup shallots finely chopped (2 large)
- ☐ 0.7 cup soya sauce
- ☐ 2 tablespoons vegetable oil

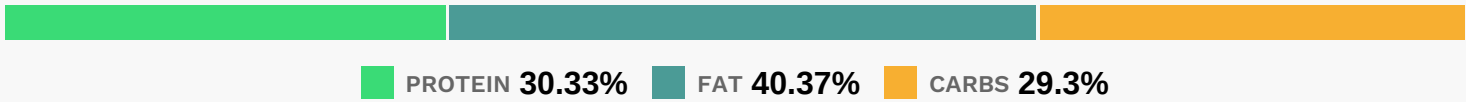
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Cook shallots and ginger in oil in a small heavy saucepan over medium heat, stirring occasionally, until softened and golden, about 5 minutes. Stir in vinegar and boil until reduced by about half, about 2 minutes.
- ☐ Add soy sauce, preserves, and 1/4 teaspoon each of salt and pepper and simmer, uncovered, stirring occasionally, 15 minutes.
- ☐ Purée sauce in a blender until smooth (use caution when blending hot liquids), then cool to room temperature.
- ☐ Divide chicken between 2 large sealable bags and pour marinade over chicken. Seal bags, pressing out excess air, and marinate, chilled, turning bag over occasionally, at least 8 hours.
- ☐ Preheat oven to 425°F with rack in middle.
- ☐ Line a 17- by 12-inch shallow heavy baking pan with 2 slightly overlapping sheets of foil, then lightly oil foil. Arrange chicken (with marinade) in 1 layer in pan. Roast chicken, turning once, until deep brown, cooked through, and glazed, about 40 minutes total.
- ☐ · Chicken can be marinated up to 24 hours.· Cooked chicken can be kept warm, loosely covered with foil, in a 250°F oven (in lower third of oven if at same time as latkes; recipe follows).

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.81, Inflammation Score:-3, Nutrition Score:14.856086870898%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 432.26kcal (21.61%), Fat: 19.42g (29.88%), Saturated Fat: 4.72g (29.51%), Carbohydrates: 31.71g (10.57%), Net Carbohydrates: 30.89g (11.23%), Sugar: 20g (22.22%), Cholesterol: 157.27mg (52.42%), Sodium: 1278.11mg (55.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.83g (65.66%), Selenium: 34.37µg (49.1%), Vitamin B3: 9.1mg (45.5%), Vitamin B6: 0.67mg (33.53%), Phosphorus: 321.27mg (32.13%), Zinc: 3.46mg (23.1%), Vitamin B2: 0.33mg (19.31%), Vitamin B5: 1.9mg (18.98%), Vitamin B12: 0.94µg (15.67%), Potassium: 522.61mg (14.93%), Magnesium: 48.62mg (12.15%), Iron: 2.01mg (11.16%), Vitamin B1: 0.16mg (10.63%), Vitamin K: 10.65µg (10.14%), Manganese: 0.2mg (9.97%), Copper: 0.19mg (9.71%), Vitamin C: 5.15mg (6.24%), Vitamin E: 0.67mg (4.48%), Calcium: 36.31mg (3.63%), Folate: 14.39µg (3.6%), Vitamin A: 166.4IU (3.33%), Fiber: 0.82g (3.26%), Vitamin D: 0.17µg (1.14%)