



Apricot-Glazed Chicken Breasts with Almond Couscous

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



375 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 lb chicken breast boneless skinless
- ☐ 0.5 teaspoon garlic powder
- ☐ 0.3 teaspoon pepper
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 2 tablespoons apricot preserves
- ☐ 1 cup chicken broth
- ☐ 1 tablespoon butter

- ☐ 1 cup couscous uncooked
- ☐ 2 tablespoons slivered almonds toasted

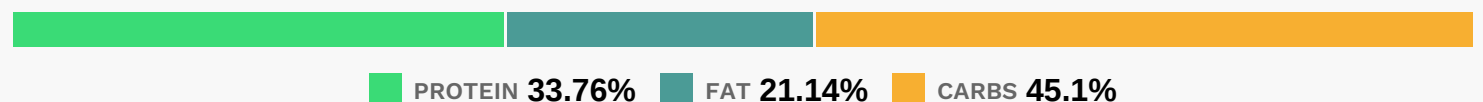
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer
- ☐ broiler pan

Directions

- ☐ Set oven control to broil. Spray rack in broiler pan with cooking spray. To flatten each chicken breast, place between 2 pieces of plastic wrap or waxed paper. Working from center, gently pound chicken with rolling pin or flat side of meat mallet until 1/4 inch thick.
- ☐ In small bowl, mix garlic powder, pepper and ground red pepper.
- ☐ Sprinkle on both sides of chicken; place on rack in pan.
- ☐ Broil 4 to 6 inches from heat 5 to 7 minutes or until chicken is no longer pink in center.
- ☐ Brush with half of apricot preserves; broil 1 minute longer or until preserves are bubbly.
- ☐ Brush with remaining preserves before serving.
- ☐ Meanwhile, in 2-quart saucepan, heat broth and butter to boiling. Stir in couscous and almonds.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff couscous with fork before serving with glazed chicken.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:20.44, Inflammation Score:-4, Nutrition Score:16.268261078907%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 375.49kcal (18.77%), Fat: 8.69g (13.37%), Saturated Fat: 1.48g (9.26%), Carbohydrates: 41.69g (13.9%), Net Carbohydrates: 38.79g (14.1%), Sugar: 4.83g (5.36%), Cholesterol: 73.75mg (24.58%), Sodium: 391.15mg (17.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.21g (62.43%), Vitamin B3: 13.66mg (68.3%), Selenium: 37.03µg (52.9%), Vitamin B6: 0.91mg (45.71%), Phosphorus: 341.1mg (34.11%), Manganese: 0.52mg (26.02%), Vitamin B5: 2.19mg (21.92%), Magnesium: 63.7mg (15.93%), Potassium: 555.16mg (15.86%), Vitamin B2: 0.24mg (14.33%), Fiber: 2.9g (11.6%), Vitamin B1: 0.17mg (11.2%), Vitamin E: 1.66mg (11.09%), Copper: 0.21mg (10.58%), Zinc: 1.23mg (8.23%), Iron: 1.2mg (6.67%), Vitamin A: 207.63IU (4.15%), Vitamin B12: 0.24µg (4.03%), Folate: 15.78µg (3.95%), Calcium: 35.84mg (3.58%), Vitamin C: 2.3mg (2.79%)