



## Apricot-Glazed Chicken Thighs



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



782 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup apricot-pineapple preserves
- 4 pounds chicken thighs
- 0.5 teaspoon rosemary dried crushed
- 0.5 teaspoon garlic minced
- 0.3 teaspoon onion powder
- 0.3 teaspoon oregano dried
- 0.3 teaspoon pepper divided
- 0.8 teaspoon salt divided

1 tablespoon vinegar white

## Equipment

bowl

frying pan

sauce pan

grill

## Directions

Preheat grill.

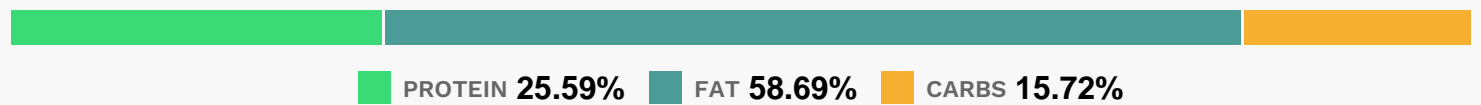
Heat a small saucepan over medium-high heat. Coat pan with cooking spray.

Add garlic to pan; cook 30 seconds. Stir in preserves and the next 4 ingredients (through dried oregano); bring mixture to a boil. Reduce heat, and cook for 5 minutes, stirring occasionally. Stir in 1/4 teaspoon salt and 1/8 teaspoon pepper.

Sprinkle chicken with the remaining 1/2 teaspoon salt and 1/8 teaspoon pepper.

Combine chicken and 1/2 cup preserves mixture in a large bowl; toss well to coat. Arrange chicken on a grill rack coated with cooking spray; grill 5 minutes. Turn chicken thighs over, and brush chicken with the remaining 1/4 cup preserves mixture. Grill an additional 5 minutes or until done.

## Nutrition Facts



## Properties

Glycemic Index:40.33, Glycemic Load:15.88, Inflammation Score:-3, Nutrition Score:20.692608584528%

## Nutrients (% of daily need)

Calories: 781.99kcal (39.1%), Fat: 50.27g (77.33%), Saturated Fat: 13.55g (84.68%), Carbohydrates: 30.3g (10.1%), Net Carbohydrates: 29.76g (10.82%), Sugar: 20.63g (22.92%), Cholesterol: 296.35mg (98.78%), Sodium: 537.33mg (23.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.31g (98.61%), Selenium: 57.47µg (82.1%), Vitamin B3: 14.07mg (70.33%), Vitamin B6: 1.05mg (52.53%), Phosphorus: 486.88mg (48.69%), Vitamin B12: 1.94µg (32.26%), Vitamin B5: 3.08mg (30.85%), Zinc: 3.82mg (25.44%), Vitamin B2: 0.43mg (25.44%), Potassium: 656.81mg (18.77%), Vitamin B1: 0.23mg (15.45%), Magnesium: 59.73mg (14.93%), Iron: 2.29mg (12.7%), Copper:

0.2mg (10%), Vitamin K: 7.01µg (6.68%), Vitamin A: 238.02IU (4.76%), Vitamin E: 0.7mg (4.68%), Vitamin C: 3.84mg (4.66%), Manganese: 0.09mg (4.39%), Calcium: 35.61mg (3.56%), Folate: 14.04µg (3.51%), Fiber: 0.55g (2.18%), Vitamin D: 0.3µg (2.02%)