



# Apricot Glazed Chicken with Dried Plums and Sage

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



646 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 12 ounce apricot preserves
- 15 medium prune- cut to pieces dried pitted
- 10 cloves garlic peeled
- 0.3 cup olive oil
- 20 pepper black
- 2 roasting chickens cut into pieces
- 20 sage

- 3 pinches salt
- 1 tablespoon vinegar white

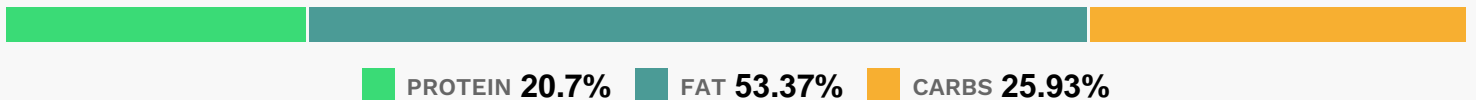
## Equipment

- frying pan
- oven
- baking pan
- roasting pan
- broiler pan

## Directions

- Preheat oven to 400 degrees F.
- Trim any extra fat from the chicken pieces and transfer them to a large roasting pan or broiler pan. If you don't have a roasting pan that's large enough, use 2 identical 13 by 9-inch baking pans.
- Toss all of the ingredients together with the chicken until the chicken is evenly coated with the sauce. Arrange the chicken pieces skin-side up in the pan, spaced evenly apart.
- If you're looking to prepare in advance, you can do everything up to this point and cover the roasting dishes and refrigerate until you're ready to roast the chicken.
- Roast, uncovered, until the tops of the chicken pieces are browned and the chicken is cooked through, and the juices run clear, about 35 to 40 minutes.

## Nutrition Facts



## Properties

Glycemic Index:17.63, Glycemic Load:3.75, Inflammation Score:-8, Nutrition Score:20.676956632863%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Apigenin: 0.01mg, Apigenin:

O.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg  
Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg,  
Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin:  
0.53mg, Quercetin: 0.53mg

## **Nutrients (% of daily need)**

Calories: 646.45kcal (32.32%), Fat: 38.77g (59.65%), Saturated Fat: 9.72g (60.76%), Carbohydrates: 42.4g (14.13%),  
Net Carbohydrates: 40.22g (14.63%), Sugar: 25.65g (28.5%), Cholesterol: 164.17mg (54.72%), Sodium: 295.81mg  
(12.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.83g (67.67%), Vitamin B3: 12.69mg (63.46%),  
Vitamin A: 1856.87IU (37.14%), Vitamin B6: 0.71mg (35.58%), Phosphorus: 338.99mg (33.9%), Selenium: 23.72µg  
(33.88%), Vitamin B12: 1.89µg (31.5%), Copper: 0.56mg (28.1%), Manganese: 0.52mg (25.89%), Vitamin B2: 0.38mg  
(22.32%), Vitamin B5: 2.09mg (20.9%), Vitamin K: 20.73µg (19.74%), Iron: 3.37mg (18.71%), Zinc: 2.63mg (17.51%),  
Potassium: 593mg (16.94%), Folate: 51.35µg (12.84%), Magnesium: 51.07mg (12.77%), Vitamin C: 9.61mg (11.64%),  
Vitamin E: 1.46mg (9.74%), Vitamin B1: 0.13mg (8.85%), Fiber: 2.18g (8.71%), Calcium: 54.48mg (5.45%)