



Apricot-Honey Dijon Chicken

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



20

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp apricot preserves
- 3 Tbsp grey poupon dijon mustard
- 0.5 tsp ground ginger
- 1 Tbsp honey
- 1 lb chicken breasts boneless skinless

Equipment

- grill

Directions

- Heat grill to medium heat.
- Mix all ingredients except chicken until blended.
- Reserve half the mustard mixture for later use.
- Brush chicken with remaining mustard mixture.
- Grill chicken 6 to 8 min. on each side or until done (165F), brushing occasionally with reserved mustard mixture.

Nutrition Facts

PROTEIN 56.41% **FAT 17.23%** **CARBS 26.36%**

Properties

Glycemic Index:4.21, Glycemic Load:0.46, Inflammation Score:-1, Nutrition Score:2.3699999795012%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 35.41kcal (1.77%), Fat: 0.67g (1.03%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 2.3g (0.77%), Net Carbohydrates: 2.19g (0.8%), Sugar: 1.76g (1.96%), Cholesterol: 14.52mg (4.84%), Sodium: 51.91mg (2.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.93g (9.86%), Vitamin B3: 2.38mg (11.92%), Selenium: 8.1µg (11.57%), Vitamin B6: 0.17mg (8.62%), Phosphorus: 50.23mg (5.02%), Vitamin B5: 0.33mg (3.31%), Potassium: 89.97mg (2.57%), Magnesium: 7.17mg (1.79%), Vitamin B2: 0.03mg (1.48%), Manganese: 0.03mg (1.47%), Vitamin B1: 0.02mg (1.25%), Zinc: 0.15mg (1.01%)