



## Apricot-Lemon Chicken



Gluten Free



Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 cup apricots (such as Polaner All Fruit)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 teaspoon curry powder
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 0.5 teaspoon salt
- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 2 tablespoons water

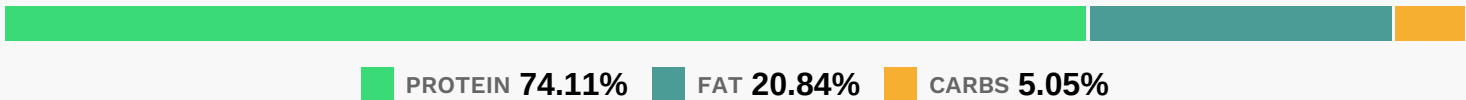
# Equipment

- ☐ bowl
- ☐ frying pan

# Directions

- ☐ Combine first 3 ingredients in a small bowl; rub mixture over chicken.
- ☐ Place a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Cook chicken 6 minutes on each side or until done.
- ☐ Remove chicken from pan, and keep warm.
- ☐ Add apricot spread, lemon juice, and 2 tablespoons water to pan, stirring until smooth. Cook over medium heat 1 minute. Spoon sauce over chicken; sprinkle with lemon rind.

# Nutrition Facts



# Properties

Glycemic Index:19.67, Glycemic Load:0.51, Inflammation Score:-4, Nutrition Score:17.168260771295%

# Flavonoids

Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

# Nutrients (% of daily need)

Calories: 204.17kcal (10.21%), Fat: 4.55g (7%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 1.9g (0.69%), Sugar: 1.44g (1.6%), Cholesterol: 108.86mg (36.29%), Sodium: 488.92mg (21.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.41g (72.82%), Vitamin B3: 17.85mg (89.24%), Selenium: 54.55µg (77.93%), Vitamin B6: 1.29mg (64.61%), Phosphorus: 362.84mg (36.28%), Vitamin B5: 2.47mg (24.7%), Potassium: 681.57mg (19.47%), Magnesium: 47.68mg (11.92%), Vitamin B2: 0.18mg (10.52%), Vitamin C: 7.58mg (9.19%), Vitamin B1: 0.12mg (7.77%), Zinc: 1.04mg (6.95%), Vitamin A: 306.37IU (6.13%), Vitamin B12: 0.34µg (5.67%), Iron: 0.86mg (4.76%), Vitamin E: 0.56mg (3.75%), Manganese: 0.07mg (3.72%), Copper: 0.07mg (3.26%), Folate:

10.39μg (2.6%), Fiber: 0.58g (2.34%), Calcium: 15.32mg (1.53%), Vitamin K: 1.47μg (1.4%), Vitamin D: 0.17μg (1.13%)