



Apricot-Sesame Glazed Chicken



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup apricot preserves
- ☐ 3 lb chicken whole
- ☐ 3 tablespoons dijon mustard
- ☐ 1 tablespoon sesame seed
- ☐ 3 tablespoons soya sauce

Equipment

- ☐ bowl
- ☐ frying pan

☐ grill

Directions

- ☐ In small bowl, mix mustard and soy sauce.
- ☐ Brush 3 tablespoons of mixture over chicken. Stir 6 tablespoons of the apricot preserves and the sesame seed into remaining mustard mixture; set aside.
- ☐ Heat gas or charcoal grill for indirect cooking. For two-burner gas grill, heat one burner to medium; place chicken on unheated side. For one-burner gas grill, place chicken on grill over low heat. For charcoal grill, move medium coals to edge of firebox; place chicken on grill rack over drip pan.
- ☐ Cover grill; cook 15 minutes. Turn chicken. Cover grill; cook 20 to 30 minutes longer, turning occasionally, until juice of chicken is clear when thickest piece is cut to bone (165F).
- ☐ Brush chicken with reserved apricot mixture. Cook, turning and brushing frequently, 3 to 5 minutes, just until browned.
- ☐ Remove chicken from grill; spoon remaining 6 tablespoons apricot preserves over chicken.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:13.97130435446%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 484.85kcal (24.24%), Fat: 26.07g (40.1%), Saturated Fat: 7.21g (45.07%), Carbohydrates: 30.39g (10.13%), Net Carbohydrates: 29.42g (10.7%), Sugar: 19.65g (21.83%), Cholesterol: 122.47mg (40.82%), Sodium: 1010.13mg (43.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.93g (65.87%), Vitamin B3: 11.81mg (59.04%), Selenium: 29.02µg (41.46%), Vitamin B6: 0.63mg (31.55%), Phosphorus: 283.65mg (28.37%), Zinc: 2.45mg (16.34%), Vitamin B5: 1.58mg (15.8%), Vitamin B2: 0.24mg (14.04%), Iron: 2.48mg (13.77%), Magnesium: 52.25mg (13.06%), Copper: 0.23mg (11.55%), Potassium: 397.64mg (11.36%), Manganese: 0.21mg (10.61%), Vitamin B1: 0.14mg (9.53%), Vitamin B12: 0.51µg (8.44%), Vitamin C: 6.56mg (7.95%), Vitamin A: 327.72IU (6.55%), Calcium: 56.12mg (5.61%),

Vitamin E: 0.59mg (3.95%), Folate: 15.4µg (3.85%), Fiber: 0.96g (3.84%), Vitamin K: 2.62µg (2.49%), Vitamin D: 0.33µg (2.18%)