

# Baked Apricot Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 cup apricot preserves
- 12 strips.
- 1 ounce onion soup mix dry
- 1 cup dressing french

## Equipment

- bowl
- oven
- baking pan

## Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a medium bowl combine the jam, dressing and soup mix.
- Mix together.
- Place chicken pieces in a 9x13 inch baking dish.
- Pour apricot mixture over chicken and bake uncovered in the preheated oven for 50 to 60 minutes.

## Nutrition Facts

**PROTEIN 19.24%** **FAT 61.94%** **CARBS 18.82%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:9.6973913389704%

## Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 389.4kcal (19.47%), Fat: 26.96g (41.48%), Saturated Fat: 6.33g (39.58%), Carbohydrates: 18.43g (6.14%), Net Carbohydrates: 17.72g (6.44%), Sugar: 12.29g (13.66%), Cholesterol: 110.74mg (36.91%), Sodium: 422.33mg (18.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.85g (37.69%), Selenium: 21.64µg (30.92%), Vitamin B3: 5.34mg (26.69%), Vitamin K: 27.61µg (26.3%), Vitamin B6: 0.41mg (20.71%), Phosphorus: 189.32mg (18.93%), Vitamin B12: 0.75µg (12.54%), Vitamin B5: 1.17mg (11.72%), Vitamin B2: 0.17mg (10.18%), Zinc: 1.48mg (9.84%), Vitamin E: 1.31mg (8.72%), Potassium: 286.36mg (8.18%), Vitamin B1: 0.1mg (6.54%), Magnesium: 25.13mg (6.28%), Iron: 0.95mg (5.28%), Vitamin A: 225.58IU (4.51%), Copper: 0.09mg (4.49%), Fiber: 0.72g (2.86%), Manganese: 0.05mg (2.3%), Calcium: 21.99mg (2.2%), Vitamin C: 1.82mg (2.2%)