



Barbecue Apricot Chicken



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



617 kcal

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.8 teaspoon pepper black
- ☐ 28 ounce canned tomatoes diced drained canned
- ☐ 4 pound meat from a rotisserie chicken cut into pieces
- ☐ 2 cloves garlic thinly sliced
- ☐ 2.5 teaspoons kosher salt
- ☐ 1 tablespoon olive oil

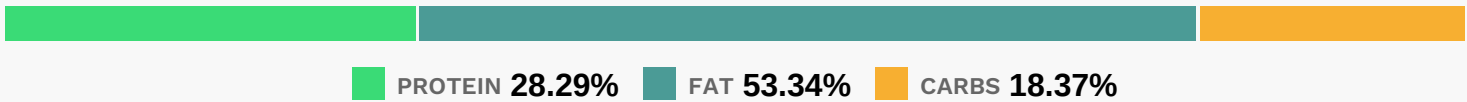
Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 400 F.
- ☐ Heat the oil in a medium saucepan over medium-high heat.
- ☐ Add the garlic and cook for 1 minute. Stir in the tomatoes, jam, vinegar, 1 1/2 teaspoons of the salt, and 1/2 teaspoon of the pepper. Simmer until the sauce has thickened slightly, about 15 minutes. Meanwhile, rinse the chicken and pat it dry with paper towels. Arrange the pieces in a 9-by-13-inch baking dish and season with the remaining salt and pepper.
- ☐ Pour the barbecue sauce over the chicken. Roast, spooning the sauce over the chicken once, until the chicken is cooked through, about 1 hour. Tip: Tired of chicken? Try spooning this tangy, tomatoey barbecue sauce over pork chops, shrimp, or salmon.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:4.59, Inflammation Score:-7, Nutrition Score:25.089999717215%

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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 616.96kcal (30.85%), Fat: 36.9g (56.78%), Saturated Fat: 9.95g (62.22%), Carbohydrates: 28.58g (9.53%), Net Carbohydrates: 24.63g (8.95%), Sugar: 17.9g (19.89%), Cholesterol: 163.29mg (54.43%), Sodium: 1876.99mg (81.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.04g (88.09%), Vitamin B3: 17.25mg (86.27%), Vitamin B6: 1.08mg (54.17%), Selenium: 33.17µg (47.39%), Phosphorus: 387.8mg (38.78%), Potassium: 1023.94mg (29.26%), Vitamin C: 23.94mg (29.02%), Iron: 4.76mg (26.44%), Vitamin B5: 2.55mg (25.51%), Copper: 0.5mg (24.95%), Manganese: 0.49mg (24.72%), Vitamin E: 3.67mg (24.46%), Zinc: 3.43mg (22.86%), Vitamin B2: 0.37mg

(21.83%), Magnesium: 85.56mg (21.39%), Vitamin B1: 0.28mg (18.86%), Fiber: 3.96g (15.82%), Vitamin K: 16.53µg (15.74%), Vitamin A: 774.08IU (15.48%), Vitamin B12: 0.67µg (11.25%), Calcium: 101.76mg (10.18%), Folate: 39.17µg (9.79%), Vitamin D: 0.44µg (2.9%)