



Caribbean Chicken Breasts

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



333 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 teaspoons apricot preserves
- 0.5 cup pineapple canned crushed drained
- 1 teaspoon curry powder
- 0.3 cup cup heavy whipping cream
- 4 servings salt and pepper
- 24 oz chicken breast halves boneless skinless
- 2 tablespoons butter unsalted

Equipment

- bowl
- baking sheet
- ladle
- oven
- aluminum foil
- tongs

Directions

- Preheat oven to 400F. Tear out 4 large foil squares.
- Place a chicken breast in center of each; season with salt and pepper. In a small bowl, combine pineapple, jam, heavy cream and curry powder; spread over chicken. Top each with 1/2 Tbsp. butter.
- Fold top of foil over chicken and crimp edges to seal. There should not be any gaps where liquid could seep out.
- Place packets on a rimmed baking sheet; bake for 20 minutes. Packets will puff with steam as they heat up if they have been sealed correctly.
- Carefully open packets by cutting an X in center of each and peeling foil back; keep hands and face away from steam as it escapes from packets. Use a large spoon or tongs to transfer chicken to plates or a platter. Ladle sauce from inside packets onto chicken and serve hot, with rice and carrots, if desired.

Nutrition Facts



■ PROTEIN 44.75%
 ■ FAT 42.53%
 ■ CARBS 12.72%

Properties

Glycemic Index:1.25, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:17.848260501157%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 333.4kcal (16.67%), Fat: 15.57g (23.95%), Saturated Fat: 8g (49.97%), Carbohydrates: 10.47g (3.49%), Net Carbohydrates: 9.9g (3.6%), Sugar: 8.14g (9.05%), Cholesterol: 140.72mg (46.91%), Sodium: 399.64mg (17.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.86g (73.73%), Vitamin B3: 17.86mg (89.29%), Selenium: 55.31µg (79.02%), Vitamin B6: 1.31mg (65.45%), Phosphorus: 371.57mg (37.16%), Vitamin B5: 2.47mg (24.71%), Potassium: 695.76mg (19.88%), Magnesium: 51.44mg (12.86%), Vitamin B2: 0.21mg (12.34%), Vitamin A: 480.74IU (9.61%), Vitamin B1: 0.14mg (9.57%), Zinc: 1.08mg (7.22%), Vitamin C: 5.67mg (6.87%), Vitamin B12: 0.38µg (6.26%), Iron: 0.92mg (5.1%), Vitamin E: 0.75mg (4.99%), Copper: 0.09mg (4.63%), Vitamin D: 0.51µg (3.42%), Calcium: 28.84mg (2.88%), Manganese: 0.05mg (2.55%), Folate: 9.94µg (2.48%), Fiber: 0.57g (2.3%), Vitamin K: 2.01µg (1.92%)