



CATALINA Chicken Breasts

 Dairy Free

READY IN



55 min.

SERVINGS



55

CALORIES



29 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup apricot preserves
- 0.5 cup classic catalina dressing kraft
- 2 tsp oil
- 3 Tbsp onion soup mix ()
- 1.5 lb chicken breasts boneless skinless

Equipment

- frying pan
- oven

Directions

- Heat oven to 350F.
- Heat oil in large skillet on medium-high heat.
- Add chicken; cook 4 min. on each side or until browned on both sides.
- Transfer chicken to 3-qt. casserole.
- Mix dressing, jam and soup mix; pour over chicken.
- Bake 35 to 40 min. or until chicken is done (165F).

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.2495652087357%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 28.63kcal (1.43%), Fat: 0.89g (1.37%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 2.29g (0.83%), Sugar: 1.55g (1.73%), Cholesterol: 7.92mg (2.64%), Sodium: 76.13mg (3.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.67g (5.34%), Vitamin B3: 1.3mg (6.49%), Selenium: 4.02µg (5.75%), Vitamin B6: 0.1mg (4.77%), Phosphorus: 26.91mg (2.69%), Vitamin B5: 0.18mg (1.8%), Potassium: 50.38mg (1.44%)