



Chicken with Curried Apricot Sauce

 Gluten Free

READY IN



23 min.

SERVINGS



4

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon curry powder
- ☐ 1 clove garlic minced
- ☐ 0.1 teaspoon ground pepper
- ☐ 0.5 teaspoon horseradish prepared
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 3 tablespoons no-salt-added chicken broth canned
- ☐ 0.3 teaspoon salt
- ☐ 16 ounce skinned

- ☐ 0.5 cup no-sugar-added apricot spread
- ☐ 1 regular-size bag boil-in-bag rice uncooked

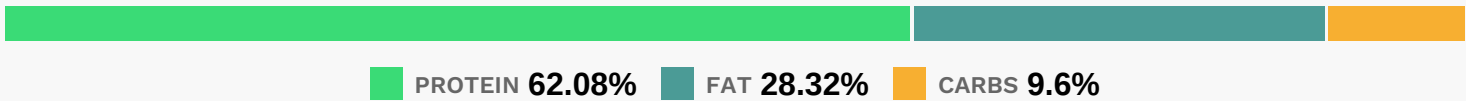
Equipment

- ☐ frying pan

Directions

- ☐ Cook rice according to package directions, omitting salt and fat.
- ☐ While rice cooks, coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Add chicken, and cook 2 minutes on each side or until lightly browned.
- ☐ Remove chicken from skillet; set aside.
- ☐ Add garlic to skillet; cook, stirring constantly, 1 minute.
- ☐ Combine apricot spread, chicken broth, and curry powder, stirring well.
- ☐ Add apricot mixture and chicken to skillet. Bring to a boil; cover, reduce heat, and simmer 10 minutes.
- ☐ Uncover and stir in sour cream and remaining 3 ingredients; simmer 2 minutes. To serve, place 1/2 cup rice onto each of 4 individual serving plates. Top with chicken. Spoon apricot sauce evenly over chicken.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:0.1, Inflammation Score:-2, Nutrition Score:11.591739151789%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 178.28kcal (8.91%), Fat: 5.08g (7.82%), Saturated Fat: 1.94g (12.1%), Carbohydrates: 3.88g (1.29%), Net Carbohydrates: 3.74g (1.36%), Sugar: 2g (2.22%), Cholesterol: 79.28mg (26.43%), Sodium: 299.36mg (13.02%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.06g (50.13%), Vitamin B3: 12.01mg (60.06%), Selenium: 37.05µg (52.93%), Vitamin B6: 0.87mg (43.36%), Phosphorus: 257.43mg (25.74%), Vitamin B5: 1.62mg (16.22%), Potassium: 479.14mg (13.69%), Vitamin B2: 0.14mg (8.33%), Magnesium: 32.61mg (8.15%), Vitamin B1: 0.08mg (5.5%), Vitamin B12: 0.32µg (5.31%), Zinc: 0.79mg (5.27%), Calcium: 36.41mg (3.64%), Iron: 0.55mg (3.07%), Manganese: 0.05mg (2.47%), Vitamin C: 1.95mg (2.37%), Copper: 0.05mg (2.25%), Vitamin E: 0.33mg (2.19%), Vitamin A: 99.77IU (2%), Folate: 7.42µg (1.85%), Vitamin D: 0.15µg (1.01%)