



Easy Apricot Chicken in a Pan

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounce apricot preserves
- ☐ 2 pounds rotisserie chicken breast meat boneless skinless cut into bite-size pieces
- ☐ 2 cups chicken stock see
- ☐ 1 tablespoon cornstarch
- ☐ 12 apricots dried chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion chopped
- ☐ 8 servings salt and pepper to taste

- ☐ 2 tablespoons water
- ☐ 2 cups rice white uncooked

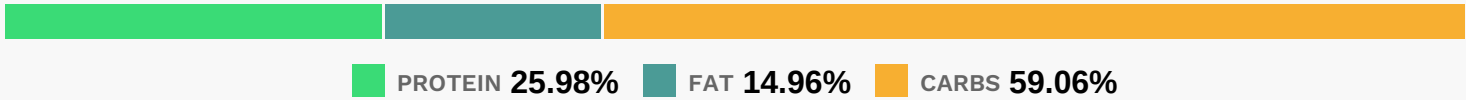
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring the rice and 3 1/2 cups water to a boil in a saucepan over high heat. Reduce heat to medium-low, and cover; simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.
- ☐ While the rice is cooking, heat the olive oil in a large skillet over high heat. Season the chicken with salt and pepper. Once the oil is hot, stir in the chicken, and cook for 5 minutes. Stir in the onions, and cook until the onions have softened and turned translucent, about 5 minutes more.
- ☐ Pour in the chicken stock, dried apricots, and apricot preserves.
- ☐ Bring the mixture to a boil; reduce heat to medium-low, cover, and simmer until the chicken is tender, 10 to 15 minutes. Dissolve the cornstarch in 2 tablespoons of water, and stir into the simmering chicken mixture. Cook until the sauce has thickened and cleared, about 1 minute.
- ☐ Serve the apricot chicken over rice.

Nutrition Facts



Properties

Glycemic Index:15.2, Glycemic Load:24.86, Inflammation Score:-6, Nutrition Score:17.413043457529%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

3.89mg

Nutrients (% of daily need)

Calories: 459.46kcal (22.97%), Fat: 7.6g (11.69%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 67.53g (22.51%), Net Carbohydrates: 65.64g (23.87%), Sugar: 20.51g (22.79%), Cholesterol: 74.37mg (24.79%), Sodium: 427.08mg (18.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.7g (59.4%), Vitamin B3: 13.86mg (69.29%), Selenium: 45.54µg (65.06%), Vitamin B6: 1.01mg (50.36%), Phosphorus: 322.46mg (32.25%), Manganese: 0.58mg (29.25%), Vitamin B5: 2.18mg (21.76%), Potassium: 724.27mg (20.69%), Magnesium: 50.37mg (12.59%), Vitamin B2: 0.21mg (12.19%), Copper: 0.24mg (12.14%), Vitamin A: 526.79IU (10.54%), Vitamin B1: 0.14mg (9.09%), Vitamin E: 1.35mg (8.99%), Zinc: 1.34mg (8.95%), Iron: 1.44mg (7.99%), Fiber: 1.89g (7.56%), Vitamin C: 5.48mg (6.65%), Folate: 16.28µg (4.07%), Vitamin B12: 0.23µg (3.78%), Calcium: 37.29mg (3.73%), Vitamin K: 2.95µg (2.81%)