



Fruited Moroccan Chicken

 Gluten Free

READY IN



9 min.

SERVINGS



4

CALORIES



264 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 apricot halves dried
- 1 pound chicken breast tenders
- 1 teaspoon olive oil
- 1 tablespoon moroccan seasoning salt-free
- 0.5 cup cup heavy whipping cream fat-free sour reduced-fat (do not use cream)

Equipment

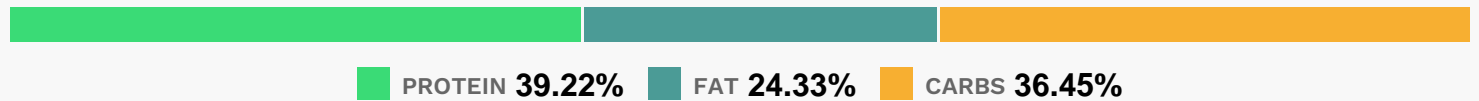
- frying pan
- plastic wrap

microwave

Directions

- Sprinkle seasoning evenly over chicken. Coat a large nonstick skillet with cooking spray; add oil.
- Place over medium-high heat until hot.
- Add chicken; cook 3 minutes on each side or until chicken is lightly browned.
- While chicken cooks, cut apricot halves into slivers.
- Place in a glass measure; add water to cover. Cover with heavy-duty plastic wrap, and vent. Microwave at HIGH 2 minutes; drain well.
- Remove chicken from heat; stir in apricots and sour cream.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.6, Glycemic Load:5.96, Inflammation Score:-8, Nutrition Score:18.357391248579%

Nutrients (% of daily need)

Calories: 264.13kcal (13.21%), Fat: 7.31g (11.24%), Saturated Fat: 2.74g (17.13%), Carbohydrates: 24.62g (8.21%), Net Carbohydrates: 20.71g (7.53%), Sugar: 17.3g (19.22%), Cholesterol: 82.64mg (27.55%), Sodium: 159.55mg (6.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.5g (53%), Vitamin B3: 12.85mg (64.24%), Selenium: 38.05µg (54.36%), Vitamin B6: 0.94mg (46.97%), Phosphorus: 286.74mg (28.67%), Vitamin A: 1344.48IU (26.89%), Potassium: 898.31mg (25.67%), Vitamin K: 24.95µg (23.76%), Vitamin B5: 1.82mg (18.15%), Vitamin E: 2.51mg (16.71%), Fiber: 3.91g (15.63%), Iron: 2.66mg (14.76%), Manganese: 0.28mg (13.83%), Magnesium: 52.58mg (13.14%), Calcium: 122.85mg (12.29%), Vitamin B2: 0.19mg (11.24%), Copper: 0.17mg (8.42%), Zinc: 1.03mg (6.84%), Vitamin B1: 0.1mg (6.36%), Vitamin B12: 0.35µg (5.79%), Folate: 19.66µg (4.91%), Vitamin C: 2.02mg (2.45%), Vitamin D: 0.17µg (1.14%)