



Grilled Chicken Sliders and Apricot Chutney Spread

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



249 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 apricots pitted halved
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon cider vinegar
- 1 tablespoon dijon mustard
- 2 garlic cloves chopped
- 0.4 teaspoon ground pepper red
- 0.1 teaspoon salt

- 1.3 ounce sandwich buns mini
- 1.5 pounds chicken thighs boneless skinless
- 1 tablespoon water

Equipment

- food processor
- bowl
- frying pan
- grill pan

Directions

- Combine first 3 ingredients in a small bowl.
- Sprinkle chicken with pepper mixture.
- Place a large grill pan over medium-high heat; coat pan with cooking spray.
- Add chicken to pan; cook 5 minutes on each side or until done. Cool slightly; shred meat.
- Recoat pan with cooking spray.
- Place apricots, cut sides down, on pan; cook 6 minutes on medium-high heat or until tender and lightly browned, turning after 4 minutes.
- Place apricots and next 4 ingredients (through garlic) in a food processor; process until smooth.
- Spread about 1/2 teaspoon apricot chutney over cut side of each sandwich bun half.
- Place about 1/3 cup chicken on bottom bun; cover with top half of bun.

Nutrition Facts



Properties

Glycemic Index:51.92, Glycemic Load:1.21, Inflammation Score:-5, Nutrition Score:16.193478356237%

Flavonoids

Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg, Epicatechin: 1.24mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 248.55kcal (12.43%), Fat: 7.66g (11.79%), Saturated Fat: 1.84g (11.47%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 7.72g (2.81%), Sugar: 2.69g (2.99%), Cholesterol: 161.59mg (53.86%), Sodium: 316.43mg (13.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.34g (68.69%), Selenium: 43.59µg (62.27%), Vitamin B3: 10.1mg (50.49%), Vitamin B6: 0.8mg (40.04%), Phosphorus: 340.92mg (34.09%), Vitamin B5: 2.17mg (21.66%), Vitamin B2: 0.35mg (20.52%), Zinc: 2.78mg (18.5%), Vitamin B12: 1.09µg (18.14%), Potassium: 516.17mg (14.75%), Vitamin B1: 0.22mg (14.4%), Vitamin A: 628.58IU (12.57%), Magnesium: 47.35mg (11.84%), Iron: 1.9mg (10.54%), Manganese: 0.18mg (8.78%), Copper: 0.14mg (7.15%), Vitamin K: 6.5µg (6.19%), Folate: 18.47µg (4.62%), Vitamin E: 0.65mg (4.34%), Fiber: 1.04g (4.18%), Vitamin C: 3.25mg (3.94%), Calcium: 34.36mg (3.44%)