



Herb-Apricot Chicken



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



663 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup aged balsamic vinegar
- ☐ 2 cups chicken stock see
- ☐ 3 pounds chicken breasts and thighs boneless cut into large chunks
- ☐ 3 tablespoons chives chopped
- ☐ 20 apricots dried chopped
- ☐ 1 handful a flat-leaf parsley leaves fresh generous chopped
- ☐ 1 lemon zest
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 6 servings salt and pepper black freshly ground
- ☐ 5 sprigs thyme leaves

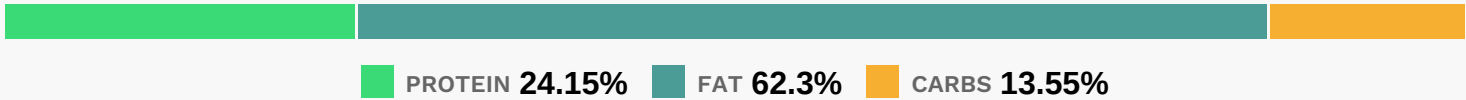
Equipment

- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large skillet with high sides, heat the oil, 3 turns of the pan, over medium-high heat. Season chicken with salt and pepper liberally. When oil ripples, add chicken and brown it on both sides, 7 to 8 minutes total.
- ☐ Add balsamic vinegar and stir 30 seconds, add stock, apricots and thyme and reduce heat to medium-low to low.
- ☐ Place a lid on the pan and simmer 10 minutes. Take lid off, stir in the parsley, chives, lemon zest and juice and turn off heat.
- ☐ Let stand a couple of minutes, remove the thyme sprigs and serve.

Nutrition Facts



Properties

Glycemic Index:39.57, Glycemic Load:5.9, Inflammation Score:-9, Nutrition Score:21.06260874997%

Flavonoids

Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 663.23kcal (33.16%), Fat: 45.8g (70.47%), Saturated Fat: 11.39g (71.2%), Carbohydrates: 22.43g (7.48%), Net Carbohydrates: 20.17g (7.34%), Sugar: 17.17g (19.08%), Cholesterol: 224.66mg (74.89%), Sodium: 294.86mg (12.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.94g (79.89%), Selenium: 44.78µg (63.98%), Vitamin

B3: 12.53mg (62.63%), Vitamin B6: 0.87mg (43.62%), Phosphorus: 403.31mg (40.33%), Vitamin A: 1302.46IU (26.05%), Potassium: 886.37mg (25.32%), Vitamin B5: 2.46mg (24.57%), Vitamin B12: 1.45µg (24.19%), Vitamin B2: 0.39mg (23.2%), Vitamin K: 24.26µg (23.1%), Zinc: 3.09mg (20.63%), Vitamin E: 2.67mg (17.83%), Iron: 2.74mg (15.23%), Magnesium: 58.72mg (14.68%), Vitamin B1: 0.2mg (13.51%), Copper: 0.26mg (13.17%), Fiber: 2.25g (9.02%), Manganese: 0.15mg (7.33%), Vitamin C: 4.81mg (5.83%), Calcium: 45.61mg (4.56%), Folate: 16.58µg (4.15%), Vitamin D: 0.23µg (1.51%)