



## Hoisin Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



337 kcal

SAUCE

### Ingredients

- 0.3 cup apricot preserves
- 0.3 cup cilantro leaves fresh minced
- 0.3 cup mint leaves fresh minced
- 0.3 cup green onions minced
- 0.3 cup hoisin sauce
- 1 tablespoon lemon zest minced
- 32 oz boned frozen

### Equipment

frying pan

oven

## Directions

Mix hoisin sauce and jam.

Place chicken in a single layer in a 9- by 13-inch pan.

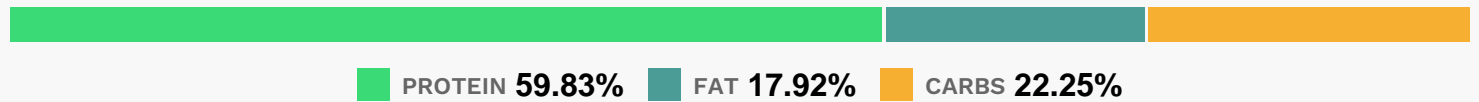
Bake in a 400 oven until meat is no longer pink in center of thickest part (cut to test), 25 to 30 minutes. After 15 minutes, spread hoisin mixture onto chicken. Baste once with juices.

Transfer meat and juices to a platter.

Meanwhile, mix mint, cilantro, onions, and lemon peel.

Sprinkle mixture over and around chicken.

## Nutrition Facts



## Properties

Glycemic Index:16, Glycemic Load:0.1, Inflammation Score:-5, Nutrition Score:22.861739241559%

## Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

## Nutrients (% of daily need)

Calories: 337.05kcal (16.85%), Fat: 6.53g (10.05%), Saturated Fat: 1.39g (8.72%), Carbohydrates: 18.26g (6.09%), Net Carbohydrates: 17.16g (6.24%), Sugar: 11.33g (12.59%), Cholesterol: 145.67mg (48.56%), Sodium: 549.86mg (23.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.08g (98.17%), Vitamin B3: 23.96mg (119.8%), Selenium: 73.24µg (104.62%), Vitamin B6: 1.72mg (86.19%), Phosphorus: 488.27mg (48.83%), Vitamin B5: 3.27mg (32.71%), Potassium: 911.85mg (26.05%), Magnesium: 67.67mg (16.92%), Vitamin B2: 0.28mg (16.63%), Vitamin K: 16.58µg (15.79%), Vitamin B1: 0.15mg (10.21%), Vitamin C: 8.37mg (10.14%), Zinc: 1.44mg (9.62%), Vitamin B12: 0.45µg (7.56%), Iron: 1.35mg (7.5%), Vitamin A: 349.4IU (6.99%), Manganese: 0.13mg (6.55%), Copper: 0.12mg (5.8%), Folate: 21.19µg (5.3%), Fiber: 1.1g (4.4%), Vitamin E: 0.56mg (3.74%), Calcium: 33.81mg (3.38%), Vitamin D:

0.23µg (1.51%)