



Lemon-Apricot Chicken



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



319 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 eggs
- ☐ 2 tablespoons water
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.3 teaspoon garlic powder
- ☐ 4 chicken breast boneless skinless
- ☐ 3 tablespoons butter melted
- ☐ 0.7 cup apricot preserves
- ☐ 2 tablespoons juice of lemon

- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 teaspoon soya sauce
- ☐ 1 cup frangelico

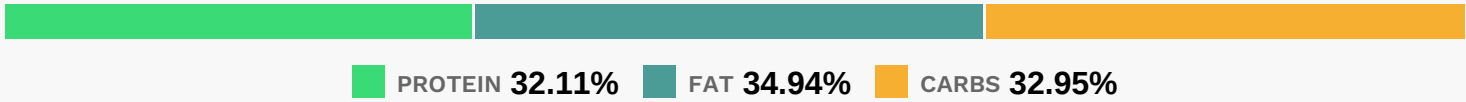
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 425°. Spray15x10–inch baking pan with cooking spray. Beat egg and water slightly. Stir together baking mix, lemon peel and garlic powder.
- ☐ Dip chicken into egg mixture, then coat with baking mix mixture.
- ☐ Place in pan.
- ☐ Drizzle with melted butter.
- ☐ Bake uncovered 20 minutes; turn chicken.
- ☐ Bake about 10 minutes longer or until juice is no longer pink when centers of thickest pieces are cut.
- ☐ Heat remaining ingredients in 1–quart saucepan over low heat, stirring occasionally, until warm. Spoon over chicken.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.01, Inflammation Score:–5, Nutrition Score:13.302174086156%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol:

0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 319.31kcal (15.97%), Fat: 12.53g (19.28%), Saturated Fat: 2.75g (17.19%), Carbohydrates: 26.59g (8.86%), Net Carbohydrates: 26.25g (9.55%), Sugar: 17.43g (19.36%), Cholesterol: 113.24mg (37.75%), Sodium: 304.07mg (13.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.92g (51.83%), Vitamin B3: 11.87mg (59.33%), Selenium: 40.46µg (57.81%), Vitamin B6: 0.89mg (44.27%), Phosphorus: 265.42mg (26.54%), Vitamin B5: 1.82mg (18.15%), Potassium: 483.65mg (13.82%), Vitamin C: 9.69mg (11.74%), Vitamin A: 550.96IU (11.02%), Vitamin B2: 0.18mg (10.57%), Magnesium: 34.05mg (8.51%), Zinc: 0.84mg (5.62%), Vitamin B12: 0.33µg (5.57%), Vitamin B1: 0.08mg (5.45%), Iron: 0.88mg (4.86%), Vitamin E: 0.72mg (4.82%), Copper: 0.08mg (4.21%), Manganese: 0.08mg (4.2%), Folate: 12.12µg (3.03%), Calcium: 25.97mg (2.6%), Vitamin D: 0.33µg (2.22%), Fiber: 0.34g (1.36%)