



## Lemon-Apricot Chicken (Cooking for 2)

 Dairy Free

READY IN



50 min.

SERVINGS



3

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons eggs fat-free
- 1 tablespoon water
- 0.5 cup baking mix bisquick heart smart®
- 1.5 teaspoons lemon zest grated
- 0.1 teaspoon garlic powder
- 0.5 lb chicken breast
- 1 serving pam original flavor shopping list
- 1 slices optional: lemon

- 0.3 cup apricot preserves
- 1 tablespoon juice of lemon
- 0.3 teaspoon soya sauce
- 0.1 teaspoon ground ginger

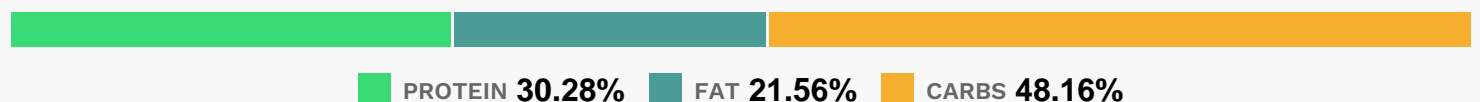
## Equipment

- bowl
- frying pan
- oven
- plastic wrap
- microwave

## Directions

- Heat oven to 425°F. Spray 13x9-inch pan with cooking spray. In shallow dish, beat egg product and water slightly. In another shallow dish, stir together Bisquick® mix, lemon peel and garlic powder. Flatten chicken breasts between sheets of plastic wrap or waxed paper to 1/2-inch thickness.
- Dip chicken into egg mixture, then coat with Bisquick mixture.
- Place in pan. Spray chicken with cooking spray.
- Bake uncovered 20 minutes. Turn; bake 10 minutes longer or until chicken is no longer pink in center.
- In small microwavable bowl, stir together all Lemon-Apricot Sauce ingredients. Microwave on High 1 minute; stir.
- Cut chicken crosswise into 1/2-inch slices.
- Pour sauce over chicken.
- Garnish with lemon slices.

## Nutrition Facts



## Properties

Glycemic Index:15.17, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:11.479130351025%

## Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 253kcal (12.65%), Fat: 6.08g (9.36%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 29.86g (10.86%), Sugar: 14.02g (15.57%), Cholesterol: 85.45mg (28.48%), Sodium: 395.86mg (17.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.21g (38.43%), Vitamin B3: 8.85mg (44.25%), Selenium: 29.35µg (41.92%), Vitamin B6: 0.61mg (30.65%), Phosphorus: 298.27mg (29.83%), Vitamin B5: 1.43mg (14.28%), Vitamin B2: 0.22mg (12.76%), Vitamin B1: 0.17mg (11.4%), Potassium: 359.78mg (10.28%), Vitamin C: 7.74mg (9.39%), Folate: 34.47µg (8.62%), Magnesium: 28.05mg (7.01%), Iron: 1.2mg (6.65%), Manganese: 0.13mg (6.27%), Calcium: 53.05mg (5.3%), Vitamin B12: 0.32µg (5.28%), Zinc: 0.72mg (4.78%), Copper: 0.09mg (4.49%), Fiber: 0.71g (2.85%), Vitamin A: 131.94IU (2.64%), Vitamin E: 0.32mg (2.14%), Vitamin D: 0.27µg (1.82%), Vitamin K: 1.48µg (1.41%)