



Lemon-Apricot Chicken (Cooking for 2)

 Dairy Free

READY IN



50 min.

SERVINGS



3

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup apricot preserves
- 0.5 lb chicken breast
- 2 tablespoons eggs fat-free
- 0.1 teaspoon garlic powder
- 0.1 teaspoon ground ginger
- 1 slices optional: lemon
- 1 tablespoon juice of lemon
- 1.5 teaspoons lemon zest grated

- 0.3 teaspoon soya sauce
- 1 tablespoon water
- 0.5 cup baking mix bisquick heart smart®

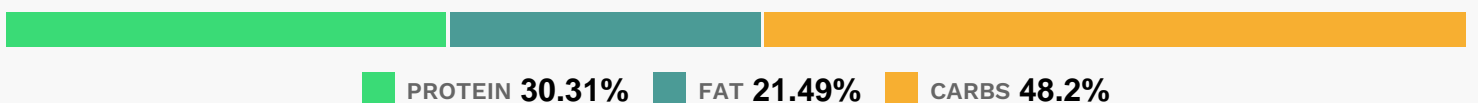
Equipment

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

Directions

- Heat oven to 425F. 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: 252.73kcal (12.64%), Fat: 6.05g (9.32%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 30.56g (10.19%), Net Carbohydrates: 29.85g (10.85%), Sugar: 14.02g (15.57%), Cholesterol: 85.45mg (28.48%), Sodium: 395.84mg (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%)