



Lemon-Apricot Chicken (Cooking for 2)

 Dairy Free

READY IN



50 min.

SERVINGS



3

CALORIES



252 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 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®

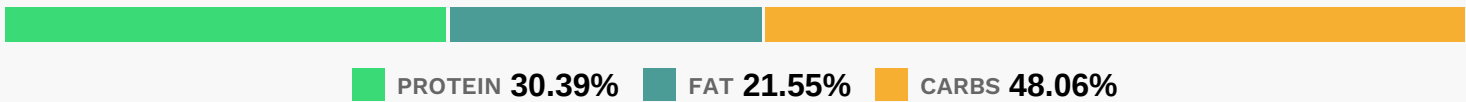
Equipment

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

Directions

- ☐ Heat oven to 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:6.67, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:11.368695663369%

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: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 252.06kcal (12.6%), Fat: 6.05g (9.3%), Saturated Fat: 1.54g (9.61%), Carbohydrates: 30.34g (10.11%), Net Carbohydrates: 29.7g (10.8%), Sugar: 13.96g (15.51%), Cholesterol: 85.45mg (28.48%), Sodium: 395.8mg (17.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.19g (38.38%), Vitamin B3: 8.85mg (44.24%), Selenium: 29.34µg (41.91%), Vitamin B6: 0.61mg (30.55%), Phosphorus: 297.89mg (29.79%), Vitamin B5: 1.42mg (14.23%), Vitamin B2: 0.22mg (12.73%), Vitamin B1: 0.17mg (11.33%), Potassium: 356.56mg (10.19%), Folate: 34.21µg (8.55%), Vitamin C: 6.51mg (7.89%), Magnesium: 27.86mg (6.97%), Iron: 1.18mg (6.57%), Manganese: 0.12mg (6.23%), Vitamin B12: 0.32µg (5.28%), Calcium: 52.44mg (5.24%), Zinc: 0.72mg (4.77%), Copper: 0.09mg (4.44%), Vitamin A: 131.43IU (2.63%), Fiber: 0.65g (2.59%), Vitamin E: 0.32mg (2.12%), Vitamin D: 0.27µg (1.82%), Vitamin K: 1.48µg (1.41%)