



Lemon-Apricot Chicken (lighter)

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



253 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup eggs fat-free
- 2 tablespoons water
- 1 cup baking mix bisquick heart smart®
- 1 tablespoon lemon zest grated
- 0.3 teaspoon garlic powder
- 1 lb chicken breast boneless skinless
- 0.7 cup apricot preserves
- 2 tablespoons juice of lemon

- 0.5 teaspoon soya sauce
- 0.3 teaspoon ground ginger
- 1 slices optional: lemon

Equipment

- bowl
- frying pan
- sauce pan
- oven
- plastic wrap
- rolling pin
- meat tenderizer

Directions

- Heat oven to 425°F. Spray 15x10x1-inch pan with cooking spray. In shallow bowl, beat egg product and water slightly. In another shallow bowl, mix Bisquick mix, lemon peel and garlic powder.
- Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/2 inch thick. 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 juice is no longer pink when centers of thickest pieces are cut.
- Cut chicken crosswise into 1/2-inch slices.
- In 1-quart saucepan, mix all remaining ingredients except lemon slices. Cook over medium-low heat until hot, stirring frequently.
- Cut chicken crosswise into 1/2-inch slices; pour sauce over chicken.
- Garnish with lemon slices.

Nutrition Facts



■ PROTEIN 30.36% ■ FAT 21.58% ■ CARBS 48.06%

Properties

Glycemic Index:7.58, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:11.447826188544%

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: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 252.78kcal (12.64%), Fat: 6.08g (9.35%), Saturated Fat: 1.55g (9.67%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 29.77g (10.83%), Sugar: 13.99g (15.54%), Cholesterol: 86.45mg (28.82%), Sodium: 396.2mg (17.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.24g (38.47%), Vitamin B3: 8.85mg (44.24%), Selenium: 29.42µg (42.03%), Vitamin B6: 0.61mg (30.62%), Phosphorus: 298.61mg (29.86%), Vitamin B5: 1.43mg (14.3%), Vitamin B2: 0.22mg (12.82%), Vitamin B1: 0.17mg (11.37%), Potassium: 358.54mg (10.24%), Vitamin C: 7.13mg (8.64%), Folate: 34.46µg (8.62%), Magnesium: 27.99mg (7%), Iron: 1.19mg (6.63%), Manganese: 0.13mg (6.26%), Vitamin B12: 0.32µg (5.32%), Calcium: 52.89mg (5.29%), Zinc: 0.72mg (4.8%), Copper: 0.09mg (4.47%), Fiber: 0.68g (2.72%), Vitamin A: 133.13IU (2.66%), Vitamin E: 0.32mg (2.15%), Vitamin D: 0.28µg (1.85%), Vitamin K: 1.48µg (1.41%)