



Pressure Cooker Chicken with Duck Sauce



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



466 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apricot preserves
- ☐ 0.3 cup chicken broth
- ☐ 0.5 teaspoon marjoram dried
- ☐ 1.5 teaspoons ginger root fresh minced
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon paprika
- ☐ 4 servings salt and pepper to taste

- ☐ 2 tablespoons vinegar white
- ☐ 0.3 cup white wine
- ☐ 3 pound meat from a rotisserie chicken whole cut into pieces

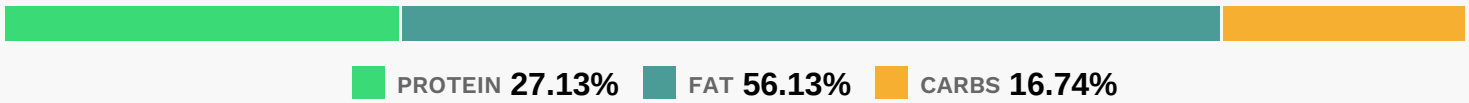
Equipment

- ☐ pot
- ☐ pressure cooker

Directions

- ☐ Heat the olive oil in the pressure cooker with the lid off, over medium-high heat.
- ☐ Add chicken and brown on all sides as evenly as possible.
- ☐ Remove chicken from the cooker, and season with salt, pepper, paprika and marjoram.
- ☐ Drain and discard fat from the cooker, and mix in wine and chicken broth, scraping any bits of food that are stuck to the bottom.
- ☐ Return chicken to the cooker over medium-high heat, secure the lid, and bring to high pressure for 8 minutes, or until the chicken is tender. Reduce pressure before opening the lid. The internal temperature of the chicken meat should be at 180 degrees F (82 degrees C).
- ☐ Remove chicken to a serving dish, and add the apricot preserves, vinegar, ginger and honey to the pot. Bring to a boil, and cook uncovered until the sauce has reduced into a thick and syrupy consistency, about 10 minutes. Spoon over chicken and serve.

Nutrition Facts



Properties

Glycemic Index:36.82, Glycemic Load:4.6, Inflammation Score:-4, Nutrition Score:11.860000058361%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg,

Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 465.68kcal (23.28%), Fat: 28.19g (43.37%), Saturated Fat: 7.53g (47.07%), Carbohydrates: 18.91g (6.3%), Net Carbohydrates: 18.74g (6.81%), Sugar: 15.29g (16.99%), Cholesterol: 122.76mg (40.92%), Sodium: 370.18mg (16.09%), Alcohol: 1.54g (100%), Alcohol %: 0.85% (100%), Protein: 30.66g (61.33%), Vitamin B3: 11.2mg (56.02%), Selenium: 24.03µg (34.33%), Vitamin B6: 0.59mg (29.56%), Phosphorus: 245.59mg (24.56%), Vitamin B5: 1.51mg (15.12%), Zinc: 2.21mg (14.76%), Vitamin B2: 0.22mg (12.79%), Potassium: 348mg (9.94%), Iron: 1.73mg (9.6%), Magnesium: 36mg (9%), Vitamin B12: 0.51µg (8.49%), Vitamin A: 383.36IU (7.67%), Vitamin E: 1.09mg (7.29%), Vitamin B1: 0.1mg (6.86%), Copper: 0.1mg (5.2%), Vitamin C: 4.01mg (4.86%), Vitamin K: 4.9µg (4.66%), Manganese: 0.08mg (4.05%), Folate: 10.54µg (2.64%), Calcium: 25.06mg (2.51%), Vitamin D: 0.33µg (2.18%)