



## Savory Apricot Chicken with Vegetable Rice

 Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



329 kcal

SIDE DISH

### Ingredients

- 1 ounce onion soup mix dry
- 12 ounce smucker's® orchard's coastal valley peach apricot preserves
- 5.6 ounce rice with peas and carrots in sauce mix, prepared
- 2.5 ounce chicken thighs boneless skinless
- 1 tablespoon vegetable oil pure crisco®
- 0.3 cup water

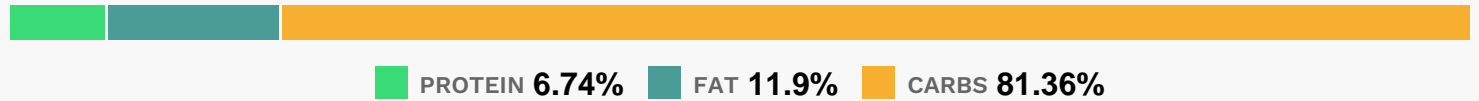
### Equipment

- frying pan

## Directions

- Heat oil in large skillet over medium heat.
- Saute chicken thighs until golden brown on both sides.
- Remove chicken and keep warm.
- Combine preserves, soup mix and water in skillet. Bring to a boil; reduce to simmer and cook for 2 minutes. Stir.
- Return chicken to skillet. Simmer covered for 8 to 10 minutes turning once halfway through cooking.
- Serve hot over prepared rice.

## Nutrition Facts



## Properties

Glycemic Index:13.75, Glycemic Load:31.71, Inflammation Score:-9, Nutrition Score:9.4352173338766%

## Nutrients (% of daily need)

Calories: 329.38kcal (16.47%), Fat: 4.4g (6.77%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 67.64g (22.55%), Net Carbohydrates: 64.88g (23.59%), Sugar: 41.58g (46.2%), Cholesterol: 16.83mg (5.61%), Sodium: 644.27mg (28.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.21%), Vitamin A: 3774.61IU (75.49%), Vitamin C: 12.17mg (14.75%), Fiber: 2.75g (11.01%), Selenium: 6.54µg (9.34%), Vitamin B6: 0.18mg (8.86%), Manganese: 0.18mg (8.86%), Phosphorus: 88.06mg (8.81%), Vitamin B2: 0.15mg (8.68%), Vitamin B3: 1.68mg (8.42%), Vitamin B1: 0.12mg (8.32%), Copper: 0.16mg (7.88%), Potassium: 236.99mg (6.77%), Vitamin K: 6.87µg (6.54%), Folate: 24.35µg (6.09%), Iron: 1.08mg (6%), Magnesium: 19.02mg (4.76%), Zinc: 0.61mg (4.05%), Calcium: 39.9mg (3.99%), Vitamin B5: 0.37mg (3.69%), Vitamin E: 0.42mg (2.81%), Vitamin B12: 0.11µg (1.89%)