



Sweet and Sour Chicken



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons apricot preserves
- ☐ 0.3 teaspoon pepper black
- ☐ 4 servings garnish: cilantro leaves fresh
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup lower-sodium chicken broth fat-free
- ☐ 1.5 tablespoons lower-sodium soy sauce
- ☐ 1 tablespoon olive oil
- ☐ 0.5 teaspoon salt

- ☐ 24 ounce chicken breast halves boneless skinless
- ☐ 2 teaspoons thai chile paste

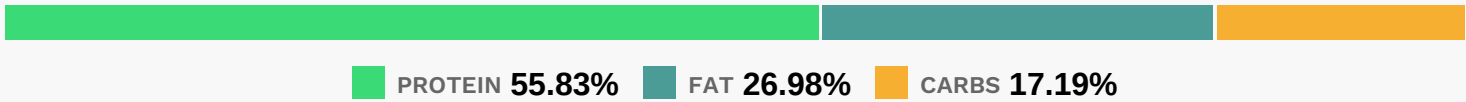
Equipment

- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ Place chicken breast halves between 2 sheets of plastic wrap; pound to 1/2-inch thickness.
- ☐ Sprinkle chicken with salt and black pepper.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add olive oil to pan.
- ☐ Add chicken; saut 3 minutes on each side or until done.
- ☐ Transfer chicken to a serving platter.
- ☐ Add chicken broth, apricot preserves, and soy sauce to pan; bring to a boil. Stir. Cook 1 minute.
- ☐ Remove from heat; stir in fresh lime juice and Thai chile paste. Spoon over chicken; garnish with fresh cilantro leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:17.160434544086%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 270.32kcal (13.52%), Fat: 7.97g (12.26%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 11.43g (3.81%), Net Carbohydrates: 11.26g (4.1%), Sugar: 6.89g (7.66%), Cholesterol: 108.86mg (36.29%), Sodium: 738.29mg (32.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.12g (74.24%), Vitamin B3: 17.87mg (89.34%), Selenium: 54.8µg (78.29%), Vitamin B6: 1.29mg (64.7%), Phosphorus: 370.21mg (37.02%), Vitamin B5: 2.46mg (24.58%), Potassium: 712.33mg (20.35%), Magnesium: 50.11mg (12.53%), Vitamin B2: 0.19mg (11.24%), Vitamin B1: 0.12mg (7.71%), Vitamin C: 6.04mg (7.32%), Zinc: 1.06mg (7.04%), Vitamin E: 0.9mg (5.99%), Vitamin B12: 0.34µg (5.67%), Iron: 0.85mg (4.7%), Manganese: 0.08mg (3.77%), Copper: 0.07mg (3.56%), Vitamin K: 3.04µg (2.89%), Folate: 10.68µg (2.67%), Vitamin A: 97.94IU (1.96%), Calcium: 15.69mg (1.57%), Vitamin D: 0.17µg (1.13%)