



Sweet-and-Sour Chicken-Apricot Skewers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



265 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup apricot preserves
- ☐ 0.3 teaspoon cayenne
- ☐ 0.5 cup apricots dried
- ☐ 0.5 teaspoon basil dried
- ☐ 10 oz lemons
- ☐ 4 servings salt and pepper
- ☐ 1.5 tablespoons soya sauce
- ☐ 1 pound boned

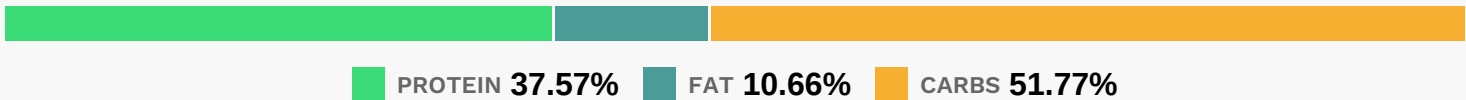
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ microwave
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ In a small microwave-safe bowl, heat jam in a microwave oven at full power (100%) until melted, 30 to 45 seconds. Stir in soy sauce, basil, and cayenne.
- ☐ Rinse lemons and cut crosswise into 1/8-inch-thick slices. Discard ends and any seeds.
- ☐ Rinse chicken and pat dry; cut into 1-inch pieces.
- ☐ Thread 2 pieces of chicken onto an 8- to 10-inch-long skewer. Fold 1 lemon slice around 1 dried apricot and thread onto skewer through both sides of lemon slice. Repeat to fill 4 skewers equally. Set skewers on a rack in a foil-lined 10- by 13-inch broiler pan.
- ☐ Brush jam mixture generously all over chicken and fruit.
- ☐ Broil about 4 inches from heat, turning once, until chicken is no longer pink in the center (cut to test), 8 to 10 minutes total. If desired, set pan over high heat, add any remaining jam mixture, and stir, scraping up browned bits, until boiling; pour into a small bowl and serve with meat.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:26.48, Glycemic Load:4.24, Inflammation Score:-7, Nutrition Score:17.018260789954%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 15.14mg, Eriodictyol: 15.14mg, Eriodictyol: 15.14mg, Eriodictyol: 15.14mg Hesperetin: 19.77mg, Hesperetin: 19.77mg, Hesperetin: 19.77mg, Hesperetin: 19.77mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 265.3kcal (13.26%), Fat: 3.33g (5.12%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 36.33g (12.11%), Net Carbohydrates: 32.94g (11.98%), Sugar: 23.41g (26.02%), Cholesterol: 72.57mg (24.19%), Sodium: 717.39mg (31.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.37g (52.73%), Vitamin B3: 12.61mg (63.07%), Selenium: 37.59µg (53.7%), Vitamin C: 41.79mg (50.65%), Vitamin B6: 0.95mg (47.67%), Phosphorus: 271.38mg (27.14%), Potassium: 748.81mg (21.39%), Vitamin B5: 1.87mg (18.67%), Vitamin A: 748.83IU (14.98%), Fiber: 3.39g (13.58%), Magnesium: 45.32mg (11.33%), Iron: 1.71mg (9.48%), Vitamin B2: 0.16mg (9.35%), Copper: 0.15mg (7.73%), Vitamin E: 1.11mg (7.43%), Vitamin B1: 0.11mg (7.19%), Manganese: 0.14mg (6.86%), Zinc: 0.82mg (5.49%), Calcium: 43.4mg (4.34%), Folate: 15.99µg (4%), Vitamin B12: 0.23µg (3.78%), Vitamin K: 2.97µg (2.83%)