

Sweet and Sour Chicken Using Italian Dressing and Apricot Jam



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



523 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 1 cup apricot preserves
- ☐ 0.5 cup onion dried minced
- ☐ 1 tablespoon olive oil
- ☐ 15 ounce pineapple diced drained canned
- ☐ 1 bell pepper red chopped
- ☐ 1 cup salad dressing italian-style wishbone® (such as)
- ☐ 6 chicken breast halves boneless skinless

- ☐ 2 cups water
- ☐ 1 cup rice white
- ☐ 1 onion yellow chopped

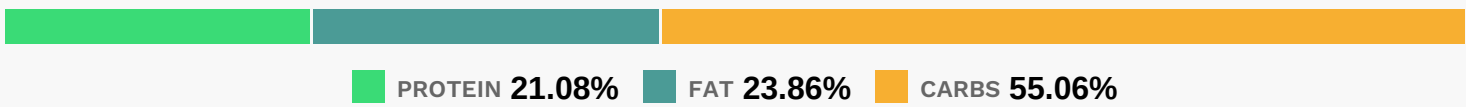
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bring rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until rice is tender and the liquid has been absorbed, 20 to 25 minutes.
- ☐ Heat oil in a large skillet over medium-high heat. Brown chicken breasts on both sides, about 2 minutes per side.
- ☐ Combine apricot jam, Italian-style salad dressing, and dried onions together in a bowl.
- ☐ Place browned chicken in a baking dish and pour jam mixture over the chicken; bake for 15 minutes.
- ☐ Add the pineapple, chopped onion and chopped red bell pepper; continue baking until chicken is cooked through and no longer pink inside, another 15 minutes.
- ☐ Serve over cooked rice.

Nutrition Facts



Properties

Glycemic Index:20.03, Glycemic Load:15.47, Inflammation Score:-7, Nutrition Score:20.909130511077%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 522.71kcal (26.14%), Fat: 13.98g (21.51%), Saturated Fat: 2.21g (13.79%), Carbohydrates: 72.61g (24.2%), Net Carbohydrates: 70.01g (25.46%), Sugar: 34.84g (38.71%), Cholesterol: 72.32mg (24.11%), Sodium: 544.52mg (23.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.8g (55.6%), Vitamin B3: 12.81mg (64.04%), Selenium: 43.02µg (61.45%), Vitamin B6: 1.14mg (56.87%), Vitamin C: 41.89mg (50.77%), Phosphorus: 309.39mg (30.94%), Manganese: 0.49mg (24.55%), Vitamin K: 25.31µg (24.11%), Potassium: 749.04mg (21.4%), Vitamin B5: 2.08mg (20.81%), Vitamin A: 786.46IU (15.73%), Magnesium: 60.55mg (15.14%), Vitamin B1: 0.22mg (14.43%), Copper: 0.26mg (13.18%), Vitamin E: 1.83mg (12.22%), Vitamin B2: 0.18mg (10.48%), Fiber: 2.6g (10.39%), Zinc: 1.29mg (8.6%), Folate: 31.28µg (7.82%), Iron: 1.37mg (7.6%), Calcium: 58.59mg (5.86%), Vitamin B12: 0.23µg (3.77%)