

Sweet And Sour Glazed Chicken

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



475 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apricot preserves
- 2 ounce onion soup mix dry
- 10 fluid ounce salad dressing russian-style
- 3 pound chicken whole cut into pieces

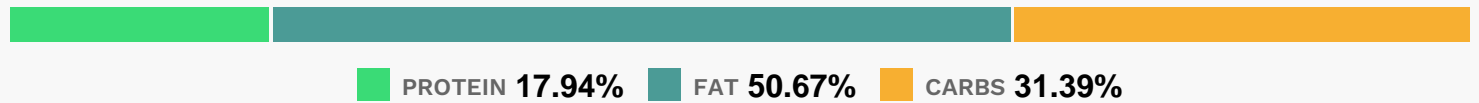
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Wash the chicken, pat dry and arrange in a 9 x 13 inch baking dish.
- Mix Russian dressing, preserves and soup mix together in a bowl and spoon the mixture over the chicken pieces.
- Bake in preheated oven for 45 to 60 minutes, occasionally spooning the sauce over the chicken.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:10.774347906527%

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 Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 475.45kcal (23.77%), Fat: 26.9g (41.39%), Saturated Fat: 6.16g (38.49%), Carbohydrates: 37.51g (12.5%), Net Carbohydrates: 36.76g (13.37%), Sugar: 22.88g (25.42%), Cholesterol: 81.65mg (27.22%), Sodium: 1340.28mg (58.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.43g (42.87%), Vitamin B3: 7.62mg (38.11%), Vitamin K: 29.36µg (27.97%), Selenium: 17.92µg (25.6%), Vitamin B6: 0.48mg (23.77%), Phosphorus: 188.54mg (18.85%), Vitamin B5: 1.08mg (10.79%), Zinc: 1.59mg (10.6%), Potassium: 345.64mg (9.88%), Vitamin E: 1.47mg (9.8%), Vitamin B2: 0.17mg (9.72%), Iron: 1.42mg (7.88%), Magnesium: 31.48mg (7.87%), Vitamin C: 5.73mg (6.95%), Vitamin B1: 0.1mg (6.77%), Copper: 0.13mg (6.72%), Manganese: 0.11mg (5.73%), Vitamin B12: 0.34µg (5.62%), Vitamin A: 252.4IU (5.05%), Calcium: 39.78mg (3.98%), Fiber: 0.74g (2.97%), Folate: 6.93µg (1.73%), Vitamin D: 0.22µg (1.45%)