



Sweet and Tangy Red Chicken

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



8

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce apricot preserves
- 3 pound meat from a rotisserie chicken cut into 8 pieces
- 1 clove garlic minced
- 1 onion thinly sliced
- 8 ounce salad dressing russian-style
- 1 tablespoon soya sauce
- 2 teaspoons mustard yellow prepared

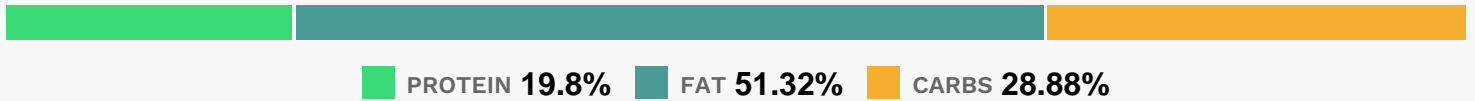
Equipment

- bowl
- oven
- baking pan
- broiler

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Mix apricot preserves, Russian dressing, soy sauce, yellow mustard, onion, and garlic together in a large bowl.
- Place chicken pieces into the apricot mixture and stir to coat.
- Transfer chicken and sauce to a baking dish.
- Bake in the preheated oven until the sauce is bubbling and thickened and the chicken is no longer pink inside, 45 minutes to 1 hour. Turn the chicken pieces twice while baking.
- If sauce seems thin, transfer chicken to a platter; place baking dish of sauce under broiler until sauce has thickened, 2 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.34, Inflammation Score:-3, Nutrition Score:7.5573912392492%

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 Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg, Quercetin: 2.89mg

Nutrients (% of daily need)

Calories: 320.36kcal (16.02%), Fat: 18.39g (28.3%), Saturated Fat: 4.37g (27.3%), Carbohydrates: 23.29g (7.76%), Net Carbohydrates: 22.89g (8.32%), Sugar: 16.01g (17.79%), Cholesterol: 61.24mg (20.41%), Sodium: 490.05mg (21.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.97g (31.93%), Vitamin B3: 5.71mg (28.57%), Selenium: 13.46µg (19.22%), Vitamin B6: 0.34mg (16.8%), Vitamin K: 17.18µg (16.36%), Phosphorus: 133.96mg (13.4%), Vitamin

B5: 0.78mg (7.8%), Zinc: 1.15mg (7.68%), Vitamin B2: 0.11mg (6.62%), Potassium: 228.18mg (6.52%), Vitamin C: 5.05mg (6.13%), Vitamin E: 0.91mg (6.07%), Iron: 1.06mg (5.87%), Magnesium: 21.85mg (5.46%), Vitamin B1: 0.07mg (4.36%), Vitamin B12: 0.25µg (4.22%), Copper: 0.08mg (4.17%), Manganese: 0.08mg (3.8%), Vitamin A: 183.82IU (3.68%), Calcium: 23.42mg (2.34%), Folate: 8.3µg (2.07%), Fiber: 0.4g (1.59%), Vitamin D: 0.16µg (1.09%)