



Tangy Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



356 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup apricot preserves
- 1 ounce onion soup mix dry
- 10 fluid ounce salad dressing russian-style
- 6 chicken breast halves boneless skinless

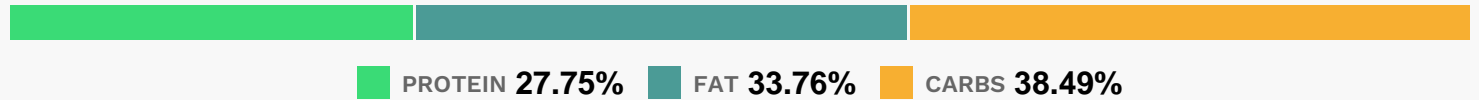
Equipment

- oven
- baking pan

Directions

- Preheat oven to 325 degrees F (165 degrees C).
- Place the chicken breasts in a 9x13 inch baking dish.
- Combine the preserves, dressing and soup mix. Spoon mixture over the chicken and bake in the preheated oven for 35 to 45 minutes or until the chicken is done and the juices run clear.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:13.621739045433%

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: 356.37kcal (17.82%), Fat: 13.42g (20.65%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 34.43g (11.48%), Net Carbohydrates: 34g (12.36%), Sugar: 22.66g (25.17%), Cholesterol: 72.32mg (24.11%), Sodium: 1015.69mg (44.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.82g (49.64%), Vitamin B3: 11.93mg (59.67%), Selenium: 38.17µg (54.53%), Vitamin B6: 0.91mg (45.66%), Vitamin K: 27.89µg (26.56%), Phosphorus: 255.85mg (25.58%), Vitamin B5: 1.66mg (16.58%), Potassium: 523.93mg (14.97%), Magnesium: 36.26mg (9.06%), Vitamin E: 1.35mg (9.01%), Vitamin B2: 0.13mg (7.92%), Vitamin B1: 0.1mg (6.36%), Vitamin C: 5.18mg (6.28%), Zinc: 0.77mg (5.11%), Copper: 0.1mg (4.8%), Iron: 0.8mg (4.44%), Manganese: 0.08mg (3.97%), Vitamin B12: 0.23µg (3.77%), Calcium: 26.7mg (2.67%), Vitamin A: 133.18IU (2.66%), Fiber: 0.43g (1.72%), Folate: 4.91µg (1.23%)