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Apricot Chicken Breast

Apricot Chicken Breast is a delicious and savory dish that combines the sweetness of apricots with tender chicken breast. It is a popular recipe that can be enjoyed for lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
200 g	Apricots
2 tbsp	olive oil
2 cloves	garlic
1 tsp	salt

1 tsp	black pepper
1 tsp	paprika
1 c	chicken broth
2 tbsp	honey

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

Season the chicken breasts with salt, black pepper, and paprika.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Sautéing

Heat olive oil in an oven-safe skillet over medium heat. Add minced garlic and cook until fragrant.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Frying

Add the seasoned chicken breasts to the skillet and cook for 3-4 minutes on each side until browned.

Prep Time: 5 mins

Cook Time: 8 mins

Step 5

Simmering

Remove the chicken breasts from the skillet and set aside. In the same skillet, add chicken broth, honey, and sliced apricots.

Prep Time: 5 mins

Cook Time: 5 mins

Step 6

Baking

Return the chicken breasts to the skillet and transfer it to the preheated oven. Bake for 15-20 minutes or until the chicken is cooked through and the sauce has thickened.

Prep Time: 5 mins

Cook Time: 20 mins

Step 7

Resting

Remove from the oven and let it rest for a few minutes. Serve the Apricot Chicken Breast with the sauce and garnish with fresh herbs if desired.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 g

Protein: 28 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	28 g	164.71%	164.71%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Snack

Dinner

Course

Drinks

Salads

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Easter

Halloween

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Difficulty Level

Easy

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