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## Apricot Chicken Thighs ♦

Apricot Chicken Thighs is a delicious and savory dish that combines the sweetness of apricots with the richness of chicken thighs. It is a popular dish in many cuisines and is often served with rice or couscous. The chicken thighs are marinated in a flavorful sauce made with apricot preserves, soy sauce, garlic, and spices, then baked until tender and juicy. The result is a dish that is sweet, tangy, and full of flavor.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 45 mins

**Total Time:** 60 mins

**Recipe Yield:** 800 grams

**Number of Servings:** 4

**Serving Size:** 200 g

### Ingredients

800 g	Chicken Thighs
200 g	apricot preserves
50 ml	soy sauce
4 pieces	garlic cloves

1 tsp	ground ginger
1 tsp	Salt
0.5 tsp	Black pepper
2 tbsp	olive oil

## Directions

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### Step 1

#### Preheating

Preheat the oven to 375°F (190°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a mixing bowl, combine apricot preserves, soy sauce, minced garlic, ground ginger, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Baking

Place the chicken thighs in a baking dish and pour the apricot sauce over them, making sure to coat them evenly.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Drizzling

Drizzle olive oil over the chicken thighs.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Baking

Bake in the preheated oven for 40-45 minutes, or until the chicken is cooked through and the sauce has thickened.

**Prep Time:** 0 mins

**Cook Time:** 45 mins

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## Step 6

Resting

Remove from the oven and let it rest for a few minutes before serving.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 7

Serving

Serve the Apricot Chicken Thighs with rice or couscous.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 450 kcal

**Fat:** 18 g

**Protein:** 40 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	40 g	235.29%	235.29%
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## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	20 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	18 g	64.29%	72%
Cholesterol	180 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	25 mg	227.27%	312.5%
Selenium	40 mcg	72.73%	72.73%

## Recipe Attributes

### Seasonality

Summer Fall

### Cuisines

Italian

### Kitchen Tools

Grill

Slow Cooker

Pressure Cooker

Air Fryer

Food Processor

### Course

Appetizers

Main Dishes

Side Dishes

Desserts

Drinks

Breads

Salads

Soups

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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