



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Venetian Apricot Chicken ♦

Venetian Apricot Chicken is a delicious and flavorful dish that combines the sweetness of apricot with the savory flavors of chicken. It is a popular dish in Venetian cuisine and is often served with rice or pasta. The chicken is marinated in a mixture of apricot preserves, soy sauce, garlic, and spices, then grilled or baked to perfection. The result is a tender and juicy chicken with a sweet and tangy glaze that is sure to impress.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|-------------|-------------------|
| 500 g | Chicken Breasts |
| 100 g | apricot preserves |
| 50 ml | soy sauce |
| 2 cloves | garlic |

| | |
|---------|--------------|
| 1 tsp | Salt |
| 0.5 tsp | Black pepper |
| 2 tbsp | olive oil |

Directions

Step 1

Mixing

In a mixing bowl, combine the apricot preserves, soy sauce, minced garlic, salt, and black pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Refrigerating

Place the chicken breasts in a resealable plastic bag and pour the marinade over them. Seal the bag and refrigerate for at least 1 hour.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Preheating

Preheat the grill or oven to medium-high heat. Remove the chicken from the marinade and discard the excess marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Grill or bake the chicken for 6-8 minutes per side, or until cooked through and the internal temperature reaches 165°F (74°C).

Prep Time: 0 mins

Cook Time: 16 mins

Step 5

Resting

Remove the chicken from the grill or oven and let it rest for 5 minutes before serving.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Serving

Slice the chicken and serve with rice or pasta. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 8 g

Protein: 30 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 30 g | 176.47% | 176.47% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 20 g | 36.36% | 40% |
| Fibers | 1 g | 2.63% | 4% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Sugars | 15 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) |
|-------------|--------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 8 mg | 8.89% | 10.67% |
| Vitamin B6 | 15 mg | 1153.85% | 1153.85% |
| Vitamin B12 | 20 mcg | 833.33% | 833.33% |
| Vitamin E | 6 mg | 40% | 40% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 800 mg | 34.78% | 34.78% |
| Calcium | 2 mg | 0.2% | 0.2% |
| Iron | 10 mg | 125% | 55.56% |
| Potassium | 400 mg | 11.76% | 15.38% |
| Zinc | 15 mg | 136.36% | 187.5% |
| Selenium | 30 mcg | 54.55% | 54.55% |

Recipe Attributes

Cuisines

Italian French Mediterranean Middle Eastern

Kitchen Tools

Slow Cooker Blender

Nutritional Content

Low Calorie

Course

Desserts Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
Passover Ramadan St. Patrick's Day Thanksgiving

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

Visit our website: healthdor.com