

# Apricot- Balsamic Chicken

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/apricot-jam-russian-dressing-chicken-recipe>

## Ingredients:

- 1 vegetable oil teaspoon
- 1/2 cup red onion chopped
- 1 1/2 teaspoons fresh thyme minced
- 1/2 teaspoon salt divided
- 1 pound chicken breasts skinless & boneless
- 1/3 cup apricot jam
- 2 tablespoons balsamic vinegar
- 1/4 teaspoon black pepper freshly ground

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 75 milligrams
4. Fat: 3.5 grams
5. Protein: 24 grams
6. SaturatedFat: 1 grams
7. Sodium: 440 milligrams
8. Sugar: 13 grams

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