

Apri-Teri Chicken

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

Servings: 4

2 to 3 pounds chicken pieces
1/4 cup all-purpose flour
2 tablespoons vegetable oil
1/3 cup teriyaki sauce
2 tablespoons apricot preserves
1 tablespoon onion, minced
1 tablespoon lemon juice

Preheat the oven to 325 degrees (if baking).

Coat the chicken pieces with flour. In a skillet in hot oil, brown the chicken slowly.

In a bowl, combine the teriyaki sauce, apricot preserves, onion and lemon juice. Pour evenly over the chicken. Cover.

Reduce the heat and simmer for 45 minutes or until the chicken is tender. Turn the chicken pieces over in the sauce occasionally to prevent sticking. (The chicken may also be placed in a two-quart baking dish and baked for 45 minutes instead of being cooked on the stove.)

Per Serving (excluding unknown items): 252 Calories; 15g Fat (53.7% calories from fat); 12g Protein; 17g Carbohydrate; trace Dietary Fiber; 50mg Cholesterol; 953mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 2 Fat; 1/2 Other Carbohydrates.

Chicken

Per Serving Nutritional Analysis

Calories (kcal):	252	Vitamin B6 (mg):	18.7mg
% Calories from Fat:	53.7%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	26.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	19.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	15g	Folacin (mcg):	38mcg
Saturated Fat (g):	3g	Niacin (mg):	4mg
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	50mg	% Refuse:	0.0%

Carbohydrate (g):	17g
Dietary Fiber (g):	trace
Protein (g):	12g
Sodium (mg):	953mg
Potassium (mg):	182mg
Calcium (mg):	16mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	4mg
Vitamin A (i.u.):	445IU
Vitamin A (r.e.):	128 1/2RE

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	1 1/2
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	1/2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 252 Calories from Fat: 135

% Daily Values*

Total Fat 15g	23%
Saturated Fat 3g	16%
Cholesterol 50mg	17%
Sodium 953mg	40%
Total Carbohydrates 17g	6%
Dietary Fiber trace	2%
Protein 12g	

Vitamin A	9%
Vitamin C	7%
Calcium	2%
Iron	9%

* Percent Daily Values are based on a 2000 calorie diet.