



 8%  
HEALTH SCORE

## Chicken Dilly

 **Gluten Free**  **Dairy Free**

READY IN



90 min.

SERVINGS



8

CALORIES



274 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 pound chicken cut into pieces
- 1 eggplant sliced into 1/2 inch rounds
- 2 tablespoons optional: dill fresh chopped
- 2 tablespoons turmeric
- 1 onion thinly sliced
- 8 servings salt to taste
- 5 tomatoes sliced

## Equipment

- frying pan
- oven
- baking pan

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a large skillet, saute chicken until browned.
- Remove from skillet and set aside. In same skillet, saute eggplant slices until slightly browned.
- Place sauteed chicken and eggplant in a lightly greased 9x13 inch baking dish. Top with tomato and onion slices, then sprinkle with dill weed, turmeric and salt to taste.
- Bake at 375 degrees F (190 degrees C) for 45 minutes or until chicken is cooked through and juices run clear.

## Nutrition Facts



## Properties

Glycemic Index:14.38, Glycemic Load:1.6, Inflammation Score:-10, Nutrition Score:13.192608885143%

## Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg

## Nutrients (% of daily need)

Calories: 273.94kcal (13.7%), Fat: 16.84g (25.91%), Saturated Fat: 4.79g (29.96%), Carbohydrates: 8.78g (2.93%), Net Carbohydrates: 5.54g (2.01%), Sugar: 4.68g (5.2%), Cholesterol: 81.65mg (27.22%), Sodium: 276.26mg (12.01%), Alcohol: 0g (100%), Protein: 21.78g (43.56%), Vitamin B3: 8.34mg (41.7%), Vitamin B6: 0.54mg (26.94%), Selenium: 16µg (22.85%), Phosphorus: 200.96mg (20.1%), Manganese: 0.4mg (19.89%), Vitamin C: 15.09mg (18.29%), Potassium: 584.09mg (16.69%), Vitamin A: 813.94IU (16.28%), Fiber: 3.25g (12.98%), Vitamin B5: 1.24mg (12.37%), Zinc: 1.75mg (11.66%), Iron: 2.08mg (11.56%), Magnesium: 43.06mg (10.76%), Vitamin B2: 0.17mg (10.27%), Vitamin K: 10µg (9.52%), Folate: 34.1µg (8.53%), Vitamin B1: 0.13mg (8.34%), Copper: 0.16mg (8.01%), Vitamin E: 0.97mg (6.47%), Vitamin B12: 0.34µg (5.62%), Calcium: 31.51mg (3.15%), Vitamin D: 0.22µg (1.45%)