



Chicken Ratatouille Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



103 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes italian-style undrained canned
- ☐ 6 cups eggplant cubed peeled (1 medium)
- ☐ 2 tablespoons basil dried fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 14.3 ounce no-salt-added chicken broth canned
- ☐ 1 cup bell pepper green frozen chopped
- ☐ 1.5 pound deli-roasted chicken
- ☐ 1.3 cups zucchini sliced (1 small)

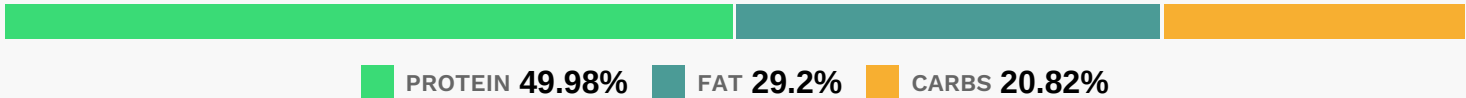
Equipment

☐ dutch oven

Directions

- ☐ Remove and discard skin from chicken.
- ☐ Remove chicken from bones, and coarsely chop chicken.
- ☐ Combine chopped chicken, eggplant, and remaining ingredients in a Dutch oven, stirring well. Bring to a boil; cover, reduce heat, and simmer 30 minutes.

Nutrition Facts



Properties

Glycemic Index:8.2, Glycemic Load:0.94, Inflammation Score:-3, Nutrition Score:8.1965217693992%

Flavonoids

Delphinidin: 28.11mg, Delphinidin: 28.11mg, Delphinidin: 28.11mg, Delphinidin: 28.11mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 102.61kcal (5.13%), Fat: 3.38g (5.2%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 5.42g (1.81%), Net Carbohydrates: 3.43g (1.25%), Sugar: 2.91g (3.23%), Cholesterol: 34.02mg (11.34%), Sodium: 80.53mg (3.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.01g (26.02%), Vitamin B3: 4.61mg (23.07%), Selenium: 11.51µg (16.45%), Vitamin C: 13.21mg (16.01%), Vitamin B6: 0.31mg (15.43%), Vitamin K: 12.93µg (12.31%), Phosphorus: 119.8mg (11.98%), Manganese: 0.22mg (11.17%), Potassium: 342.43mg (9.78%), Iron: 1.59mg (8.86%), Fiber: 1.99g (7.95%), Vitamin B2: 0.12mg (7.09%), Copper: 0.14mg (7.04%), Magnesium: 26.61mg (6.65%), Vitamin B5: 0.65mg (6.47%), Zinc: 0.93mg (6.21%), Vitamin B1: 0.07mg (4.87%), Folate: 18.19µg (4.55%), Vitamin E: 0.55mg (3.65%), Calcium: 34.11mg (3.41%), Vitamin A: 146.49IU (2.93%), Vitamin B12: 0.16µg (2.64%)