



Chicken with Feta and Vegetables

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



788 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 medium eggplant diced
- 0.3 cup feta cheese crumbled
- 2 tablespoons parsley fresh chopped
- 24 ounce sauce italian prego®
- 2 tablespoons olive oil
- 1 teaspoon oregano dried crushed
- 1 cup rice long-grain white prepared
- 1 cup rice long-grain white prepared

- 1 pound chicken breast halves boneless skinless
- 0.3 cup water
- 2 small zucchini diced

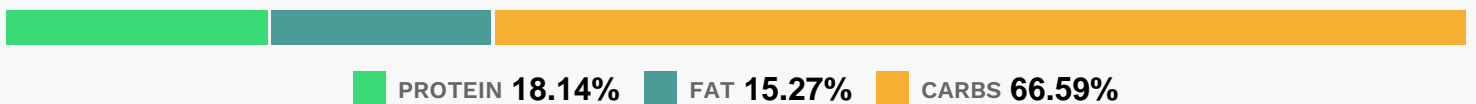
Equipment

- frying pan

Directions

- Heat 1 tablespoon oil in a 10-inch skillet over medium-high heat.
- Add the chicken and cook for 10 minutes or until well browned on both sides.
- Remove the chicken from the skillet.
- Heat the remaining oil in the skillet over medium heat.
- Add the eggplant and zucchini and cook for 2 minutes, stirring occasionally. Stir in the water and sauce and cook for 2 minutes, stirring occasionally.
- Stir in the oregano. Return the chicken to the skillet. Reduce the heat to low. Cover and cook for 5 minutes or until the chicken is cooked through.
- Place the rice onto a serving platter. Slice the chicken and place it on the rice. Spoon the sauce mixture over the chicken and sprinkle with the cheese and parsley.

Nutrition Facts



Properties

Glycemic Index:57.84, Glycemic Load:45.32, Inflammation Score:-7, Nutrition Score:25.307391156321%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 787.53kcal (39.38%), Fat: 13.06g (20.1%), Saturated Fat: 3.1g (19.39%), Carbohydrates: 128.13g (42.71%), Net Carbohydrates: 124.34g (45.21%), Sugar: 42.94g (47.71%), Cholesterol: 80.92mg (26.97%), Sodium: 2292.2mg (99.66%), Alcohol: Og (100%), Protein: 34.91g (69.82%), Selenium: 51.98µg (74.25%), Vitamin B3: 14.09mg (70.44%), Manganese: 1.29mg (64.57%), Vitamin B6: 1.19mg (59.6%), Vitamin K: 45.15µg (43%), Phosphorus: 414.16mg (41.42%), Vitamin B5: 2.94mg (29.38%), Potassium: 834.3mg (23.84%), Vitamin C: 15.85mg (19.22%), Magnesium: 75.52mg (18.88%), Vitamin B2: 0.32mg (18.77%), Copper: 0.32mg (16.16%), Fiber: 3.79g (15.15%), Zinc: 2.25mg (15.02%), Vitamin B1: 0.2mg (13.55%), Folate: 45.92µg (11.48%), Vitamin E: 1.69mg (11.27%), Iron: 1.92mg (10.65%), Calcium: 103.64mg (10.36%), Vitamin A: 381.73IU (7.63%), Vitamin B12: 0.39µg (6.42%), Vitamin D: 0.15µg (1.01%)