



Chicken with Ratatouille

 Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings basil fresh
- ☐ 1 cup canola oil
- ☐ 24 oz chicken breast
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 garlic clove minced
- ☐ 1.3 teaspoons kosher salt divided
- ☐ 2 tablespoons olive oil

- ☐ 0.8 teaspoon pepper divided freshly ground
- ☐ 1 medium size bell pepper red chopped
- ☐ 1 small onion red chopped
- ☐ 2 small summer squash chopped
- ☐ 1 medium tomatoes diced

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Saut onion and eggplant in hot olive oil in a large nonstick skillet over medium-high heat 5 minutes or until tender and light brown around edges.
- ☐ Add squash, garlic, and bell pepper; saut 5 minutes or until tender.
- ☐ Add tomato, basil, and 1/4 tsp. each kosher salt and freshly ground pepper. Cook, stirring constantly, 2 to 3 minutes or until mixture is thoroughly heated.
- ☐ Remove vegetable mixture from skillet. Cover loosely with aluminum foil to keep warm. Wipe skillet clean.
- ☐ Rinse chicken, and pat dry.
- ☐ Sprinkle with 1 tsp. salt and 1/2 tsp. pepper. Dredge chicken in flour, shaking off excess.
- ☐ Fry chicken, in 2 batches, in hot canola oil in skillet over medium-high heat 2 to 3 minutes on each side or until golden brown and done.
- ☐ Drain on a wire rack over paper towels; cover and keep warm.
- ☐ Transfer to a serving dish, and top with vegetable mixture.

Nutrition Facts



☐ PROTEIN 36.41% ☐ FAT 48.35% ☐ CARBS 15.24%

Properties

Glycemic Index:67.67, Glycemic Load:5.1, Inflammation Score:-8, Nutrition Score:19.266956225685%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg, Quercetin: 3.9mg

Nutrients (% of daily need)

Calories: 287.09kcal (14.35%), Fat: 15.36g (23.63%), Saturated Fat: 1.9g (11.85%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 9.17g (3.33%), Sugar: 3.05g (3.39%), Cholesterol: 72.57mg (24.19%), Sodium: 619.93mg (26.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.03g (52.06%), Vitamin B3: 12.8mg (64.02%), Selenium: 39µg (55.71%), Vitamin B6: 1.05mg (52.6%), Vitamin C: 38.45mg (46.61%), Phosphorus: 279.58mg (27.96%), Vitamin K: 25.1µg (23.91%), Vitamin A: 1064.51IU (21.29%), Potassium: 663.59mg (18.96%), Vitamin B5: 1.83mg (18.27%), Vitamin E: 2.7mg (18%), Manganese: 0.29mg (14.34%), Vitamin B2: 0.23mg (13.71%), Vitamin B1: 0.18mg (11.73%), Magnesium: 46.78mg (11.69%), Folate: 46.45µg (11.61%), Fiber: 1.73g (6.91%), Iron: 1.23mg (6.81%), Zinc: 0.98mg (6.51%), Copper: 0.1mg (5.08%), Vitamin B12: 0.23µg (3.78%), Calcium: 28.84mg (2.88%)