



Chicken With Sun-Dried Tomato, Eggplant and Basil

READY IN



36 min.

SERVINGS



4

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 baby eggplant halved
- 4 chicken cutlets thin (1 pound total)
- 4 servings flour all-purpose for dredging
- 0.3 cup basil leaves fresh
- 3 cloves garlic sliced
- 4 servings kosher salt
- 0.5 cup chicken broth low-sodium
- 4 tablespoons olive oil extra-virgin

- 4 servings pepper freshly ground
- 1 tablespoon pinenuts
- 0.3 cup ricotta cheese
- 4 servings rustic bread for serving
- 0.3 cup sun-dried tomatoes packed in oil, drained,rinsed and roughly chopped

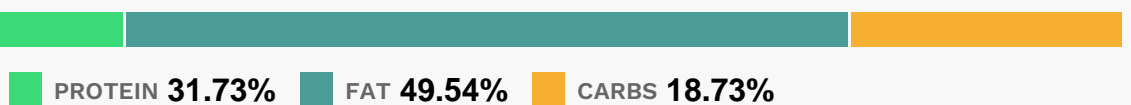
Equipment

- bowl
- frying pan
- microwave

Directions

- Drizzle 1 tablespoon olive oil over the eggplant halves in a microwave-safe bowl and sprinkle with salt. Cover with a microwave-safe plate and cook on high for 5 minutes.
- Meanwhile, toast the pine nuts in a skillet over high heat, about 1 minute; transfer to a bowl and add the remaining 3 tablespoons olive oil to the skillet. Season the chicken cutlets with salt and pepper and dredge in the flour, shaking off the excess.
- Add to the skillet and cook until brown on one side, 2 to 3 minutes. Flip the chicken, add the garlic and cook 2 more minutes.
- Remove the eggplant from the microwave, cool slightly and slice into chunks. Reduce the skillet heat to medium-low; add the sun-dried tomatoes, eggplant, basil, nuts and chicken broth to the skillet and bring to a simmer.
- Transfer the chicken to plates; top each with ricotta and the eggplant mixture.
- Serve with the bread.
- Photograph by Antonis Achiellos

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:5.89, Inflammation Score:-6, Nutrition Score:25.444347770318%

Flavonoids

Delphinidin: 48.41mg, Delphinidin: 48.41mg, Delphinidin: 48.41mg, Delphinidin: 48.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 540.79kcal (27.04%), Fat: 29.77g (45.79%), Saturated Fat: 8.26g (51.63%), Carbohydrates: 25.32g (8.44%), Net Carbohydrates: 21.69g (7.89%), Sugar: 10.98g (12.2%), Cholesterol: 116.71mg (38.9%), Sodium: 496.49mg (21.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.89g (85.77%), Vitamin B3: 20.62mg (103.12%), Selenium: 60.08µg (85.84%), Vitamin B6: 1.39mg (69.47%), Phosphorus: 462.69mg (46.27%), Potassium: 1117.15mg (31.92%), Manganese: 0.62mg (31.19%), Vitamin B5: 2.82mg (28.16%), Vitamin K: 21.67µg (20.64%), Magnesium: 80.47mg (20.12%), Vitamin B2: 0.33mg (19.3%), Vitamin E: 2.78mg (18.53%), Vitamin B1: 0.27mg (18.02%), Fiber: 3.63g (14.53%), Iron: 2.59mg (14.37%), Folate: 54.04µg (13.51%), Copper: 0.27mg (13.27%), Zinc: 1.72mg (11.44%), Vitamin C: 6.97mg (8.45%), Vitamin B12: 0.42µg (7.04%), Calcium: 63.37mg (6.34%), Vitamin A: 273.66IU (5.47%), Vitamin D: 0.2µg (1.34%)