



## Eggplant Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 cups chicken broth
- 1 large eggplant (with skin on) or 2 medium eggplants (cut into cubes with skin on) cut into cubes
- 0.5 teaspoon ground cumin
- 1 teaspoon seasoning italian
- 2 tablespoons olive oil
- 1 onion cut into slivers
- 3 chicken breast boneless skinless
- 4 tomatoes

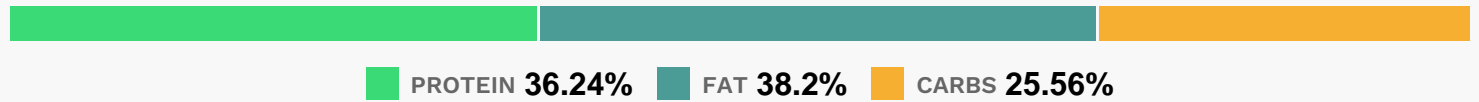
# Equipment

frying pan

# Directions

- In a large skillet, heat the olive oil then add the chicken breasts. Cover and cook on medium heat until the chicken is golden brown, about 5 minutes per side.<sup>2</sup>
- Add the onions, stirring often. When the onions are soft, add the remaining ingredients.<sup>3</sup>
- Let simmer, covered, until eggplant is soft and tender.
- Serve alone or over a bed of rice.

# Nutrition Facts



# Properties

Glycemic Index:35, Glycemic Load:3.77, Inflammation Score:-9, Nutrition Score:24.820000337518%

# Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg, Quercetin: 8.46mg

# Nutrients (% of daily need)

Calories: 306.1kcal (15.3%), Fat: 13.33g (20.51%), Saturated Fat: 2.08g (12.99%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 12.59g (4.58%), Sugar: 11.97g (13.29%), Cholesterol: 75.45mg (25.15%), Sodium: 725.95mg (31.56%), Alcohol: 0g (100%), Protein: 28.45g (56.91%), Vitamin B3: 14.18mg (70.91%), Vitamin B6: 1.16mg (57.91%), Selenium: 37.48µg (53.54%), Vitamin C: 29.94mg (36.29%), Manganese: 0.72mg (36.09%), Potassium: 1252.57mg (35.79%), Phosphorus: 332.85mg (33.29%), Fiber: 7.49g (29.96%), Vitamin A: 1454.57IU (29.09%), Vitamin K: 28.45µg (27.1%), Vitamin B5: 2.25mg (22.51%), Vitamin E: 3.11mg (20.7%), Magnesium: 77.05mg (19.26%), Vitamin B2: 0.31mg (18.09%), Folate: 71.29µg (17.82%), Vitamin B1: 0.25mg (16.37%), Copper: 0.3mg (14.79%), Iron: 1.92mg (10.65%), Zinc: 1.38mg (9.23%), Calcium: 64.33mg (6.43%), Vitamin B12: 0.26µg (4.29%)