



Eggplant, Roasted Pepper and Chicken Pitas

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



256 kcal

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 cup bread crumbs
- ☐ 2 eggplants cut into 1/2-inch slices
- ☐ 2 eggs beaten
- ☐ 1 tablespoon garlic minced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 6 6-inch pita breads
- ☐ 12 ounce roasted peppers red sliced
- ☐ 1 tablespoon salt

- ☐ 6 servings salt and pepper white to taste
- ☐ 12 ounce chicken breast halves boneless skinless

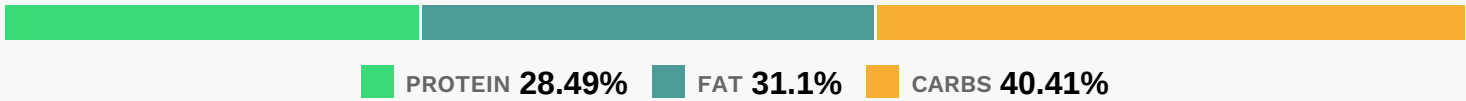
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ plastic wrap
- ☐ grill
- ☐ colander

Directions

- ☐ Sprinkle sliced eggplant with salt and allow to drain in a colander for 20 minutes. Meanwhile, preheat a grill for medium-high heat.
- ☐ Pound chicken breasts between two sheets of plastic wrap to a thickness of 1/4-inch. Dredge with flour, shake off excess, dip into beaten egg, then press into bread crumbs to coat.
- ☐ Heat 2 tablespoons of olive oil in a skillet over medium-high heat.
- ☐ Add chicken breasts and cook until golden brown.
- ☐ Wipe eggplant dry with a paper towel and brush with remaining 2 tablespoons olive oil. Grill until tender and well marked.
- ☐ Whisk together garlic, balsamic vinegar, and extra-virgin olive oil. Slice grilled eggplant into strips and toss with roasted peppers and balsamic dressing; season to taste with salt and pepper.
- ☐ To assemble, heat pita breads on the grill until hot and marked. Slice chicken into strips and place into warm pitas along with marinated eggplant.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:2.42, Inflammation Score:-7, Nutrition Score:18.096521501956%

Flavonoids

Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg, Delphinidin: 130.82mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 255.77kcal (12.79%), Fat: 8.95g (13.77%), Saturated Fat: 1.72g (10.76%), Carbohydrates: 26.16g (8.72%), Net Carbohydrates: 20.04g (7.29%), Sugar: 7.37g (8.19%), Cholesterol: 90.85mg (30.28%), Sodium: 2361.06mg (102.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.44g (36.88%), Vitamin B3: 8.45mg (42.26%), Selenium: 28µg (40%), Vitamin C: 30.82mg (37.36%), Vitamin B6: 0.72mg (35.87%), Manganese: 0.66mg (33.03%), Fiber: 6.12g (24.48%), Phosphorus: 229.81mg (22.98%), Potassium: 710.54mg (20.3%), Vitamin B1: 0.3mg (19.68%), Folate: 71.36µg (17.84%), Vitamin B2: 0.27mg (16.01%), Vitamin B5: 1.59mg (15.95%), Copper: 0.28mg (13.86%), Magnesium: 53.12mg (13.28%), Iron: 2.25mg (12.52%), Vitamin E: 1.41mg (9.38%), Vitamin K: 9.52µg (9.07%), Calcium: 86.57mg (8.66%), Vitamin A: 426.28IU (8.53%), Zinc: 1.16mg (7.71%), Vitamin B12: 0.31µg (5.12%), Vitamin D: 0.35µg (2.33%)