



Grilled Chicken and Ratatouille

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



6

CALORIES



341 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup basil thinly sliced
- 1 medium baby eggplant halved lengthwise
- 2 tablespoons olive oil
- 1 bell pepper red cut into 1-inch-wide strips
- 1 onion red peeled cut into 1/2-inch-wide wedges (leave root end intact)
- 1.5 teaspoons red wine vinegar
- 3 pounds chicken breast halves boneless skinless
- 2 medium tomatoes halved

2 medium zucchini halved lengthwise

Equipment

bowl

grill

cutting board

Directions

Prepare barbecue (medium-high heat).

Place first 5 ingredients in large bowl.

Drizzle oil over and sprinkle generously with salt and pepper; toss to coat. Grill vegetables until tender and slightly charred, about 4 minutes for peppers and 7 minutes for remaining vegetables.

Transfer to cutting board.

Place chicken breasts in same large bowl. Turn to coat with any remaining oil in bowl.

Sprinkle chicken with salt and pepper. Grill chicken, covered, until cooked through, about 6 minutes per side.

Let stand 5 minutes.

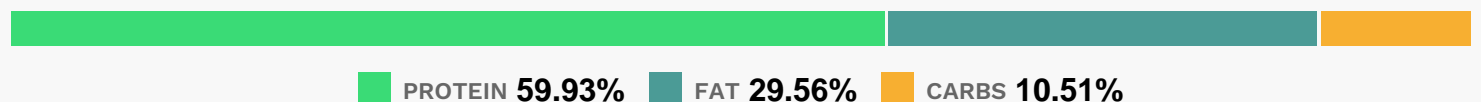
Meanwhile, coarsely chop vegetables and transfer to another large bowl.

Add basil and vinegar and toss to coat. Season with salt and pepper. Slice chicken crosswise into 1/2-inch-thick slices; serve with ratatouille.

Nutrition Data

See Nutrition Data's analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:35.33, Glycemic Load:1.59, Inflammation Score:-8, Nutrition Score:29.294347825258%

Flavonoids

Delphinidin: 32.28mg, Delphinidin: 32.28mg, Delphinidin: 32.28mg, Delphinidin: 32.28mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg 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: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg, Quercetin: 4.45mg

Nutrients (% of daily need)

Calories: 340.74kcal (17.04%), Fat: 10.99g (16.9%), Saturated Fat: 2.03g (12.68%), Carbohydrates: 8.79g (2.93%), Net Carbohydrates: 5.76g (2.1%), Sugar: 5.66g (6.28%), Cholesterol: 145.15mg (48.38%), Sodium: 272.89mg (11.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.11g (100.22%), Vitamin B3: 24.67mg (123.32%), Selenium: 72.93µg (104.19%), Vitamin B6: 1.95mg (97.57%), Vitamin C: 47.85mg (58%), Phosphorus: 531.3mg (53.13%), Potassium: 1266.18mg (36.18%), Vitamin B5: 3.6mg (35.96%), Vitamin A: 1240.58IU (24.81%), Magnesium: 85.63mg (21.41%), Vitamin B2: 0.33mg (19.57%), Manganese: 0.35mg (17.28%), Vitamin K: 17.21µg (16.39%), Vitamin B1: 0.22mg (14.93%), Folate: 52.7µg (13.18%), Vitamin E: 1.84mg (12.29%), Fiber: 3.02g (12.1%), Zinc: 1.75mg (11.64%), Copper: 0.17mg (8.32%), Iron: 1.48mg (8.2%), Vitamin B12: 0.45µg (7.56%), Calcium: 37.37mg (3.74%), Vitamin D: 0.23µg (1.51%)