



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

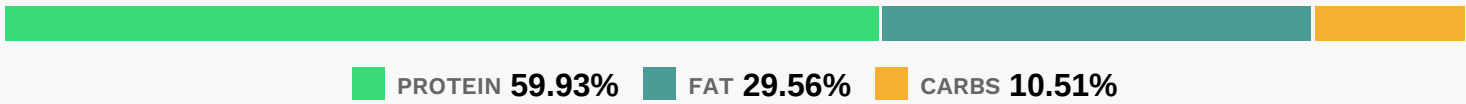
Equipment

- ☐ 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 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 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: Og (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%)