



Grilled Chicken and Vegetable Hero

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 oz chicken cutlets
- ☐ 5 oz eggplant thinly sliced lengthwise
- ☐ 0.5 cup basil fresh
- ☐ 3 teaspoons olive oil divided
- ☐ 4 teaspoons olive tapenade store-bought
- ☐ 6 oz and orange peppers red quartered
- ☐ 4 servings salt and pepper freshly ground
- ☐ 12 oz portugese rolls whole-wheat split

☐ 4 oz zucchini thinly sliced lengthwise

Equipment

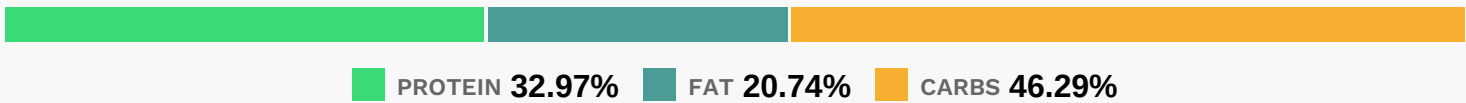
☐ grill

☐ grill pan

Directions

- ☐ Preheat grill or grill pan to medium-high. Rub chicken with 1 tsp oil and sprinkle with a pinch each salt and pepper; grill 4 minutes per side or until cooked through.
- ☐ Toss cut vegetables with remaining 2 tsp oil and a pinch each salt and pepper; grill 5 to 7 minutes per side until tender.
- ☐ Slice chicken.
- ☐ Spread rolls with tapenade, and fill with chicken, vegetables, and basil, if desired.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:28.46, Inflammation Score:-8, Nutrition Score:23.041739059531%

Flavonoids

Delphinidin: 30.37mg, Delphinidin: 30.37mg, Delphinidin: 30.37mg, Delphinidin: 30.37mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 388.74kcal (19.44%), Fat: 8.87g (13.65%), Saturated Fat: 1.12g (6.99%), Carbohydrates: 44.56g (14.85%), Net Carbohydrates: 41g (14.91%), Sugar: 8.94g (9.94%), Cholesterol: 72.57mg (24.19%), Sodium: 680.59mg (29.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.74g (63.49%), Iron: 13.66mg (75.89%), Vitamin C: 62.19mg (75.38%), Vitamin B3: 12.63mg (63.14%), Vitamin B6: 1.05mg (52.69%), Selenium: 36.5µg (52.15%), Vitamin A: 1588.55IU (31.77%), Phosphorus: 270.15mg (27.01%), Potassium: 673.36mg (19.24%), Vitamin B5: 1.91mg (19.14%), Vitamin K: 19.03µg (18.12%), Fiber: 3.56g (14.25%), Magnesium: 46.58mg (11.64%), Manganese: 0.23mg (11.6%), Vitamin B2: 0.19mg (11.27%), Folate: 40.74µg (10.18%), Vitamin E: 1.48mg (9.89%), Vitamin B1: 0.12mg (8.21%), Zinc: 0.94mg (6.24%), Copper: 0.09mg (4.66%), Vitamin B12: 0.23µg (3.78%), Calcium: 29.49mg (2.95%)