



Grilled Chicken and Vegetables



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



510 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons cooking sherry dry
- ☐ 2 small eggplants
- ☐ 2 teaspoons cilantro leaves fresh chopped
- ☐ 1.5 teaspoons optional: dill fresh chopped
- ☐ 2 tablespoons garlic minced
- ☐ 2 teaspoons coarsely ground pepper
- ☐ 0.3 cup catsup reduced-calorie
- ☐ 3 tablespoons juice of lemon

- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 1 cup no-salt-added chicken broth undiluted canned
- ☐ 8 small round potatoes red halved
- ☐ 1 large pepper sweet red quartered
- ☐ 16 ounce skinned
- ☐ 1 teaspoon vegetable oil
- ☐ 1 large zucchini quartered

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags

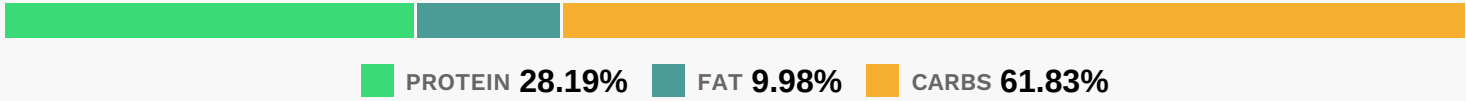
Directions

- ☐ Place potato in a medium saucepan; add water to cover. Bring to a boil; cover, reduce heat, and simmer 12 minutes.
- ☐ Drain and set aside.
- ☐ Slice each eggplant in half lengthwise; slice halves lengthwise into 1/2-inch-thick strips. Set aside.
- ☐ Combine broth and next 9 ingredients in a medium bowl; stir well.
- ☐ Pour 1/3 cup broth mixture into a large heavy-duty, zip-top plastic bag. Set aside remaining broth mixture.
- ☐ Add potato, eggplant, chicken, red pepper, and zucchini to bag; seal bag, and shake until chicken and vegetables are well coated. Marinate in refrigerator 3 hours, turning bag occasionally.
- ☐ Remove chicken and vegetables from marinade; discard marinade.
- ☐ Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- ☐ Place potato on rack; grill, covered, 10 minutes, basting occasionally with reserved broth mixture. Turn potato; place chicken and remaining vegetables on rack. Grill potatoes, chicken,

and vegetables, covered, 5 minutes on each side or until chicken is done and vegetables are tender, basting occasionally with reserved broth mixture.

☐ Garnish with fresh dill sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:3.29, Inflammation Score:-10, Nutrition Score:42.827826116396%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg, Hesperetin: 1.67mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 510.48kcal (25.52%), Fat: 5.82g (8.95%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 81.03g (27.01%), Net Carbohydrates: 66.21g (24.08%), Sugar: 19.98g (22.2%), Cholesterol: 72.57mg (24.19%), Sodium: 792.77mg (34.47%), Alcohol: 1.16g (100%), Alcohol %: 0.16% (100%), Protein: 36.96g (73.92%), Vitamin C: 108.84mg (131.92%), Vitamin B6: 1.98mg (99.14%), Vitamin B3: 19.21mg (96.04%), Potassium: 2972.82mg (84.94%), Manganese: 1.49mg (74.59%), Phosphorus: 594.03mg (59.4%), Fiber: 14.82g (59.28%), Selenium: 39.68µg (56.69%), Magnesium: 171.16mg (42.79%), Folate: 163.73µg (40.93%), Copper: 0.8mg (39.89%), Vitamin B5: 3.61mg (36.06%), Vitamin B1: 0.51mg (34.31%), Vitamin A: 1645.42IU (32.91%), Vitamin B2: 0.5mg (29.14%), Vitamin K: 28.01µg (26.67%), Iron: 4.45mg (24.72%), Zinc: 2.76mg (18.43%), Vitamin E: 2.07mg (13.82%), Calcium: 97.75mg (9.77%), Vitamin B12: 0.29µg (4.76%)