



 **35%**
HEALTH SCORE

Grilled Chicken & Eggplant Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



811 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14.5 oz canned tomatoes diced undrained canned
- 1.5 lb chicken cutlets
- 1 eggplant cut into 1/ slices
- 2 T basil fresh chopped
- 2 T basil fresh chopped
- 1 Clove garlic
- 0.3 c kalamata olives
- 7 T olive oil extra virgin extra-virgin
- 1 t oregano dried

- 6 oz provolone cheese sliced
- 0.5 t pepper red crushed
- 4 servings salt and pepper
- 4 portugese rolls

Equipment

- paper towels
- sauce pan
- wooden spoon
- grill
- aluminum foil

Directions

- Combine all of the ingredients for the garlic oil.
- Heat 1 tablespoon of the garlic oil in a medium saucepan over medium heat. When garlic begins to sizzle and smell fragrant, add the diced tomatoes and their liquid. Bring to a simmer, and simmer for about 10 minutes, until thickened slightly, breaking up the tomatoes a bit with a wooden spoon.
- Add the olives and basil. Season with salt & pepper to taste, set aside. Preheat your grill for at least 10 minutes. Season the chicken with salt & pepper and toss with 2 tablespoons of the garlic oil.
- Brush the eggplant with 2 more tablespoons of the garlic oil. Split the hoagie rolls open and brush with the remaining 2 tablespoons of garlic oil. Scrape clean and oil the grill grate (using a wad of paper towel dipped in oil).
- Add the eggplant and cook until tender about 5–7 minutes per side, turning once, remove eggplant from the grill and cover with foil while grilling the chicken.
- Add the chicken and grill until cooked through, about 4–5 minutes per side, adding the cheese for about the last 30 seconds to a minute.
- Remove chicken from the grill.
- Add the hoagie rolls, cut side down and grill until toasted. To assemble the sandwiches, layer some of the eggplant on the toasted roll, topped with a little of the sauce then some of the chicken and additional sauce.

Nutrition Facts

PROTEIN 27.24% FAT 48.84% CARBS 23.92%

Properties

Glycemic Index:85.75, Glycemic Load:26.42, Inflammation Score:-8, Nutrition Score:36.772608695652%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 811.2kcal (40.56%), Fat: 44.3g (68.16%), Saturated Fat: 11.88g (74.28%), Carbohydrates: 48.83g (16.28%), Net Carbohydrates: 41.7g (15.16%), Sugar: 13.24g (14.71%), Cholesterol: 138.2mg (46.07%), Sodium: 1267.42mg (55.11%), Protein: 55.61g (111.22%), Vitamin B3: 19.94mg (99.69%), Selenium: 61.83µg (88.33%), Vitamin B6: 1.59mg (79.35%), Iron: 13.7mg (76.12%), Phosphorus: 634.92mg (63.49%), Vitamin K: 54.82µg (52.21%), Vitamin E: 6.13mg (40.85%), Calcium: 406.9mg (40.69%), Potassium: 1287.32mg (36.78%), Vitamin B5: 3.26mg (32.6%), Manganese: 0.6mg (29.78%), Fiber: 7.13g (28.5%), Magnesium: 99.46mg (24.86%), Vitamin B2: 0.41mg (24.31%), Vitamin A: 1119.86IU (22.4%), Zinc: 2.91mg (19.38%), Copper: 0.38mg (19%), Vitamin C: 15.39mg (18.66%), Vitamin B1: 0.25mg (16.37%), Vitamin B12: 0.96µg (16.02%), Folate: 55.3µg (13.83%), Vitamin D: 0.38µg (2.55%)