



Grilled Eggplant Pitas with Chicken and Goat Cheese

READY IN



45 min.

SERVINGS



4

CALORIES



104 kcal

Ingredients

- ☐ 1 inch eggplant
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 2 ounces goat cheese crumbled
- ☐ 5 ounces grilled chicken boneless skinless thinly sliced
- ☐ 2 6-inch wholewheat pita breads cut in half ()
- ☐ 0.5 cup plum tomatoes thinly sliced (2 tomatoes)

Equipment

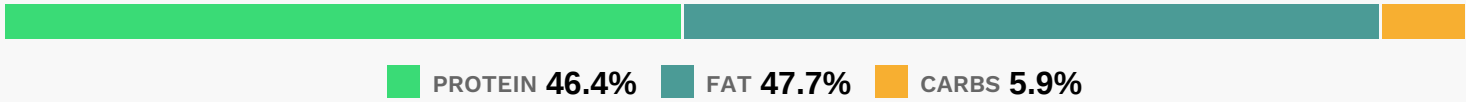
- ☐ baking paper

- ☐ grill
- ☐ aluminum foil
- ☐ grill pan

Directions

- ☐ Preheat the grill or grill pan over medium-high heat.
- ☐ Lightly coat both sides of eggplant slices with cooking spray.
- ☐ Place eggplant on grill rack or grill pan; grill 2 minutes on each side or until eggplant is lightly browned.
- ☐ Fill each pita half with 1 eggplant slice, 1/3 cup of Grilled Lemon-Herb Chicken, 2 tablespoons goat cheese, one-fourth of tomato, and 1 tablespoon basil. Wrap in foil or parchment paper; chill.

Nutrition Facts



Properties

Glycemic Index:58.75, Glycemic Load:0.58, Inflammation Score:-4, Nutrition Score:5.5434782245885%

Flavonoids

Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 103.8kcal (5.19%), Fat: 5.41g (8.33%), Saturated Fat: 2.72g (16.98%), Carbohydrates: 1.51g (0.5%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.93g (1.03%), Cholesterol: 33.1mg (11.03%), Sodium: 82.97mg (3.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.85g (23.69%), Vitamin B3: 3.06mg (15.29%), Selenium: 9.12µg (13.03%), Phosphorus: 112.9mg (11.29%), Vitamin B6: 0.21mg (10.37%), Vitamin A: 486.57IU (9.73%), Vitamin K: 8.84µg (8.42%), Copper: 0.15mg (7.43%), Vitamin B2: 0.11mg (6.67%), Vitamin C: 4.34mg (5.26%), Zinc: 0.74mg (4.91%), Vitamin B5: 0.47mg (4.74%), Iron: 0.83mg (4.63%), Potassium: 161.4mg (4.61%), Manganese: 0.08mg (3.75%), Magnesium: 14.14mg (3.54%), Calcium: 30.2mg (3.02%), Vitamin B1: 0.04mg (3%), Folate: 9.19µg (2.3%), Vitamin B12: 0.13µg (2.16%), Fiber: 0.41g (1.64%), Vitamin E: 0.2mg (1.33%)