



 **20%**
HEALTH SCORE

Mediterranean Chicken with Eggplant

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



6

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 eggplant peeled cut lengthwise into 1/ slices
- 3 tablespoons olive oil
- 1 onion diced
- 2 teaspoons oregano dried
- 6 servings salt and pepper to taste
- 6 chicken breast halves diced boneless skinless
- 2 tablespoons tomato paste
- 0.5 cup water

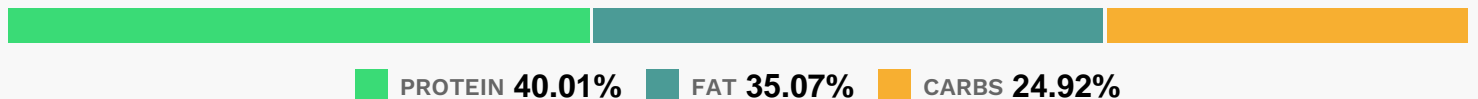
Equipment

- frying pan
- oven
- pot
- baking pan
- grill
- aluminum foil

Directions

- Place eggplant strips in a big pot of lightly salted water and soak for 30 minutes (this will improve the taste; they will leave a brown color in the pot).
- Remove eggplant from pot and brush lightly with olive oil.
- Saute or grill until lightly browned and place in a 9x13 inch baking dish. Set aside.
- Saute diced chicken and onion in a large skillet over medium heat. Stir in tomato paste and water, cover skillet, reduce heat to low and simmer for 10 minutes.
- Preheat oven to 400 degrees F (200 degrees C).
- Pour chicken/tomato mixture over eggplant. Season with oregano, salt and pepper and cover with aluminum foil.
- Bake in the preheated oven for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:2.72, Inflammation Score:-8, Nutrition Score:19.917391269103%

Flavonoids

Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg, Delphinidin: 196.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol:

0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg, Quercetin: 3.81mg

Nutrients (% of daily need)

Calories: 261.42kcal (13.07%), Fat: 10.41g (16.02%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 16.65g (5.55%), Net Carbohydrates: 8.96g (3.26%), Sugar: 9.54g (10.6%), Cholesterol: 72.32mg (24.11%), Sodium: 373.61mg (16.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.73g (53.45%), Vitamin B3: 13.49mg (67.44%), Vitamin B6: 1.08mg (53.96%), Selenium: 37.25µg (53.22%), Manganese: 0.62mg (31.09%), Fiber: 7.68g (30.73%), Phosphorus: 302.99mg (30.3%), Potassium: 1031.87mg (29.48%), Vitamin B5: 2.29mg (22.9%), Magnesium: 67.52mg (16.88%), Vitamin K: 17.28µg (16.46%), Folate: 60.6µg (15.15%), Vitamin E: 2.26mg (15.1%), Vitamin B2: 0.21mg (12.61%), Copper: 0.25mg (12.51%), Vitamin B1: 0.17mg (11.63%), Vitamin C: 8.93mg (10.83%), Iron: 1.43mg (7.94%), Zinc: 1.11mg (7.38%), Calcium: 43.82mg (4.38%), Vitamin B12: 0.23µg (3.77%), Vitamin A: 179.61IU (3.59%)