



 **42%**
HEALTH SCORE

Oven Baked Chicken and Aubergine (Egg Plant) Parmigiana

READY IN



75 min.

SERVINGS



4

CALORIES



1020 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 eggplant thinly sliced
- 1 handful basil
- 1 handful basil
- 4 servings pepper black
- 200 g breadcrumbs
- 1 tablespoon capers
- 4 fillet chicken breast
- 2 eggs beaten

- 2 tablespoons olive oil extra virgin
- 1 clove garlic for rubbing
- 4 garlic clove chopped
- 200 g kalamata olives black pitted
- 0.5 optional: lemon
- 2 mozzarella cheese finely sliced
- 4 servings olive oil for shallow-frying
- 1 onion chopped
- 4 servings oregano fresh
- 4 servings parmesan
- 200 g parmesan cheese finely grated
- 4 large plum tomatoes chopped
- 200 ml red wine
- 4 servings the salad mixed green
- 4 servings salt
- 2 tablespoons tomato purée
- 1 tablespoon water

Equipment

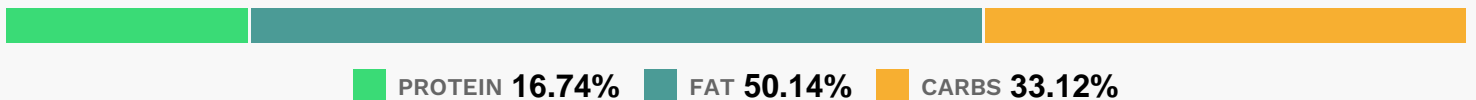
- frying pan
- sauce pan
- oven

Directions

- Aubergines. Fry the aubergine slices in olive oil until golden brown, then set aside. OR, brush them lightly with olive oil and spread the slices on a baking (cookie) sheet and place in a pre-heated oven (200C/400F/Gas
- for about 15 minutes or until golden brown and slightly crispy. Tomato sauce.
- Heat the olive oil in a heavy-based saucepan.

- Add the onion and garlic and fry until softened, around 5 minutes.
- Add the chopped tomatoes and fry for a further 3–5 minutes, mixing well.
- Add the capers, tomato puree, olives and red wine. Season with salt and freshly ground pepper. Bring to the boil. Reduce heat and simmer for 10–15 minutes.
- Mix the breadcrumbs and parmesan cheese together, then beat together the eggs with the water. Dip the chicken in the egg mixture, then coat thoroughly in the breadcrumbs and parmesan cheese.
- Heat the olive oil in a heavy-based frying pan.
- Add the coated chicken and fry until golden on both sides – about 5 minutes. Set aside. Preheat the oven to 180C/350F/Gas
- Oil a shallow ovenproof dish and rub with garlic.
- Place the aubergines in a layer over the base of the dish and then add the fried chicken breasts and pour half of the tomato sauce in and around the chicken.
- Layer the sliced mozzarella over the chicken, then spoon the remaining tomato sauce over the chicken breasts.
- Sprinkle with a little more grated parmesan. Tuck a few fresh oregano leaves in and around the chicken and sauce.
- Bake the chicken for 40 to 45 minutes until cooked through.
- Serve the chicken on a bed of mixed salad leaves, flavoured with a squeeze of lemon and garnish with basil or oregano and more Parmesan shavings.

Nutrition Facts



Properties

Glycemic Index:106.63, Glycemic Load:6.23, Inflammation Score:-10, Nutrition Score:47.653043207915%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 393.48mg, Delphinidin: 393.48mg, Delphinidin: 393.48mg, Delphinidin: 393.48mg Malvidin: 7.02mg, Malvidin: 7.02mg, Malvidin: 7.02mg, Malvidin: 7.02mg Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg, Peonidin: 0.63mg Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg, Catechin: 3.62mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg

Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg, Eriodictyol: 2.88mg Hesperetin: 4.09mg, Hesperetin: 4.09mg, Hesperetin: 4.09mg, Hesperetin: 4.09mg Naringenin: 1.39mg, Naringenin: 1.39mg, Naringenin: 1.39mg, Naringenin: 1.39mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg, Isorhamnetin: 1.39mg Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 10.65mg, Quercetin: 10.65mg, Quercetin: 10.65mg, Quercetin: 10.65mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 1020.15kcal (51.01%), Fat: 56.43g (86.81%), Saturated Fat: 18.17g (113.56%), Carbohydrates: 83.86g (27.95%), Net Carbohydrates: 63.87g (23.23%), Sugar: 23.82g (26.47%), Cholesterol: 146.77mg (48.92%), Sodium: 2816.16mg (122.44%), Alcohol: 5.38g (100%), Protein: 42.38g (84.76%), Calcium: 1023.76mg (102.38%), Manganese: 1.97mg (98.27%), Phosphorus: 830.67mg (83.07%), Fiber: 19.99g (79.96%), Selenium: 46.95µg (67.07%), Folate: 207.11µg (51.78%), Vitamin B1: 0.77mg (51.67%), Vitamin E: 7.63mg (50.85%), Potassium: 1728.88mg (49.4%), Vitamin B2: 0.83mg (48.63%), Vitamin K: 50.68µg (48.27%), Vitamin C: 39.36mg (47.71%), Vitamin A: 2180.72IU (43.61%), Vitamin B6: 0.8mg (39.86%), Magnesium: 152.95mg (38.24%), Vitamin B3: 7.61mg (38.05%), Copper: 0.74mg (36.8%), Zinc: 5.2mg (34.69%), Iron: 6.14mg (34.08%), Vitamin B5: 2.47mg (24.74%), Vitamin B12: 1.42µg (23.65%), Vitamin D: 0.84µg (5.62%)