



Penne with Grilled Chicken and Eggplant

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



389 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 tablespoons balsamic vinegar
- 1 tablespoon chicken broth low-sodium undiluted canned
- 2 tablespoons chicken broth low-sodium canned
- 2 tablespoons chili powder
- 1 pound eggplant
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon garlic powder
- 1 tablespoon olive oil

- 6 large olives pitted ripe chopped
- 1 pound penne pasta uncooked (short tubular pasta)
- 0.5 teaspoon salt
- 8 ounces skinned
- 1 cup tomatoes diced seeded

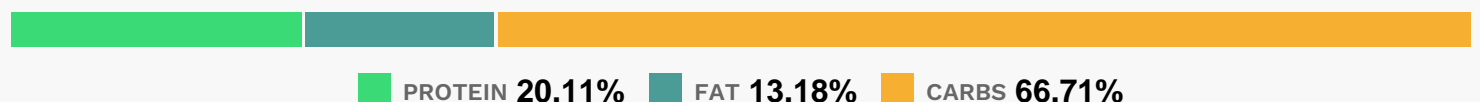
Equipment

- baking pan
- grill
- ziploc bags

Directions

- Cut eggplant lengthwise into 8 (1/4-inch-thick) slices; place in an 11- x 7- x 1 1/2-inch baking dish.
- Combine vinegar and 2 tablespoons broth; pour over eggplant. Cover and let stand 30 minutes, turning occasionally.
- Remove eggplant slices from marinade, discarding any remaining marinade.
- Combine chili and garlic powders in a large heavy-duty, zip-top plastic bag.
- Add chicken; seal bag, and shake until chicken is well coated.
- Coat grill rack with cooking spray; place on grill over medium-hot coals (350 to 400).
- Place chicken on rack; grill, covered, 3 minutes on each side.
- Place eggplant on rack; grill, covered, 2 minutes on each side.
- Cut chicken and eggplant into 1-inch pieces.
- Cook pasta according to package directions, omitting salt and fat.
- Drain.
- Combine pasta, eggplant, chicken, tomato, and remaining ingredients; toss well.

Nutrition Facts



Properties

Glycemic Index:32.83, Glycemic Load:24.07, Inflammation Score:-8, Nutrition Score:18.030000142429%

Flavonoids

Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg, Delphinidin: 64.78mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 388.58kcal (19.43%), Fat: 5.68g (8.75%), Saturated Fat: 0.94g (5.88%), Carbohydrates: 64.73g (21.58%), Net Carbohydrates: 58.62g (21.32%), Sugar: 6.38g (7.09%), Cholesterol: 24.19mg (8.06%), Sodium: 355.19mg (15.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.52g (39.03%), Selenium: 60.81µg (86.87%), Manganese: 0.96mg (48.16%), Vitamin B3: 6.3mg (31.49%), Vitamin B6: 0.54mg (27.05%), Phosphorus: 260.18mg (26.02%), Fiber: 6.11g (24.44%), Vitamin A: 1086.96IU (21.74%), Potassium: 616.02mg (17.6%), Copper: 0.35mg (17.28%), Magnesium: 68.9mg (17.23%), Vitamin E: 2.04mg (13.61%), Vitamin B5: 1.13mg (11.31%), Iron: 1.95mg (10.85%), Zinc: 1.6mg (10.63%), Vitamin K: 11.11µg (10.58%), Vitamin B1: 0.14mg (9.4%), Folate: 36.99µg (9.25%), Vitamin B2: 0.15mg (8.54%), Vitamin C: 5.72mg (6.94%), Calcium: 40.66mg (4.07%), Vitamin B12: 0.08µg (1.38%)