



Sunny Mediterranean Chicken

READY IN



30 min.

SERVINGS



6

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup all-bran cereal
- ☐ 1.8 lb chicken breast boneless skinless
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup milk
- ☐ 4 tablespoons olive oil
- ☐ 2 cups zucchini sliced
- ☐ 2 cups eggplant cubed unpeeled
- ☐ 1 jar roasted peppers red drained cut into 1/2-inch strips (7)

- ☐ 0.5 large onion red separated sliced
- ☐ 1 large clove garlic finely chopped
- ☐ 3 tablespoons water
- ☐ 4 teaspoons juice of lime
- ☐ 1.5 cups water
- ☐ 0.3 teaspoon salt
- ☐ 1 cup couscous whole wheat uncooked
- ☐ 1 lime cut into 6 wedges

Equipment

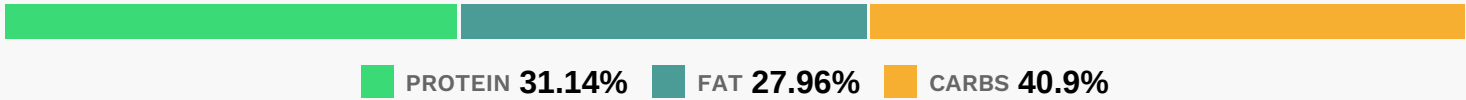
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ ziploc bags
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Place cereal in resealable food-storage plastic bag; seal bag and crush with rolling pin or meat mallet (or crush in food processor).
- ☐ Sprinkle both sides of chicken with 1/2 teaspoon salt and the pepper. In shallow dish, place milk. In another shallow dish, place cereal; dip chicken into milk, then coat with cereal.
- ☐ In 12-inch nonstick skillet, heat 2 tablespoons of the oil over medium heat. Cook chicken in oil 15 minutes, turning once, until juice of chicken is clear when thickest part is cut (170°F).
- ☐ Remove chicken from skillet; cover to keep warm.
- ☐ In same skillet, heat remaining 2 tablespoons oil over medium heat. Cook zucchini, eggplant, roasted peppers, onion and garlic in oil 3 minutes, stirring occasionally. Stir in 3 tablespoons water and the lime juice; cook about 1 minute or until vegetables are crisp-tender.
- ☐ Meanwhile, in 2-quart saucepan, heat 1 1/2 cups water and 1/4 teaspoon salt to boiling. Stir in couscous. Cover; remove from heat and let stand 5 minutes or until water is absorbed. Fluff

- couscous with fork.
- ☐ On large serving platter, place couscous. Top with chicken and vegetables.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:41.44, Glycemic Load:3.14, Inflammation Score:-8, Nutrition Score:32.125217603601%

Flavonoids

Delphinidin: 23.42mg, Delphinidin: 23.42mg, Delphinidin: 23.42mg, Delphinidin: 23.42mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg, Hesperetin: 5.1mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg 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: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 444.33kcal (22.22%), Fat: 14.67g (22.57%), Saturated Fat: 2.42g (15.12%), Carbohydrates: 48.28g (16.09%), Net Carbohydrates: 39.37g (14.32%), Sugar: 5.44g (6.04%), Cholesterol: 85.89mg (28.63%), Sodium: 1258.57mg (54.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.76g (73.52%), Vitamin B6: 2.45mg (122.59%), Vitamin B3: 16.06mg (80.28%), Selenium: 44µg (62.86%), Manganese: 1.05mg (52.31%), Vitamin C: 43.09mg (52.23%), Phosphorus: 446.56mg (44.66%), Folate: 168.66µg (42.16%), Vitamin B12: 2.26µg (37.7%), Fiber: 8.91g (35.65%), Vitamin B2: 0.5mg (29.31%), Potassium: 895.3mg (25.58%), Vitamin B1: 0.38mg (25.19%), Iron: 4.38mg (24.36%), Magnesium: 93.32mg (23.33%), Vitamin B5: 2.26mg (22.59%), Zinc: 2.41mg (16.09%), Copper: 0.29mg (14.31%), Vitamin E: 1.89mg (12.6%), Vitamin A: 628.24IU (12.56%), Calcium: 115.23mg (11.52%), Vitamin K: 9.45µg (9%), Vitamin D: 0.69µg (4.59%)