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Protein Plate

A protein-packed plate filled with nutritious ingredients.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 400 grams

Number of Servings: 4

Serving Size: 100 g

Ingredients

200 g	chicken breast
200 g	salmon fillet
150 g	Quinoa
150 g	broccoli
100 g	Cherry Tomatoes
100 g	Avocado
2 tbsp	olive oil

2 tbsp	lemon juice
1 tsp	salt
1 tsp	pepper

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Season the chicken breast and salmon fillet with salt and pepper.

Prep Time: 5 mins

Cook Time: 15 mins

Step 3

Oven

Place the chicken breast and salmon fillet on a baking sheet and bake for 15 minutes.

Prep Time: 0 mins

Cook Time: 15 mins

Step 4

Boiling

Cook quinoa according to package instructions.

Prep Time: 0 mins

Cook Time: 15 mins

Step 5

Steaming

Steam broccoli until tender.

Prep Time: 5 mins

Cook Time: 5 mins

Step 6

Cutting

Slice cherry tomatoes and avocado.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Mixing

In a bowl, combine cooked quinoa, steamed broccoli, sliced cherry tomatoes, and avocado. Drizzle with olive oil and lemon juice. Season with salt and pepper to taste.

Prep Time: 5 mins

Cook Time: 0 mins

Step 8

Plating

Serve the baked chicken breast and salmon fillet on a plate with the quinoa and vegetable mixture.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 30 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	6 g	15.79%	24%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	30 mg	33.33%	40%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	6 mcg	40%	40%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	800 mg	23.53%	30.77%
Zinc	15 mg	136.36%	187.5%
Selenium	50 mcg	90.91%	90.91%

Recipe Attributes

Nutritional Content

High Protein

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Lunch

Brunch

Supper

Course

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Difficulty Level

Medium

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