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Cheesy Chicken and Spinach ♦

A delicious and cheesy chicken dish with spinach. Perfect for a hearty dinner.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
200 g	spinach
200 g	cheddar cheese
200 g	mozzarella cheese
1 tsp	salt
1 tsp	black pepper
1 tsp	garlic powder

2 tbsp olive oil

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

Season the chicken breasts with salt, black pepper, and garlic powder.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

Heat olive oil in a skillet over medium heat. Cook the chicken breasts until browned on both sides.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Baking

Transfer the chicken breasts to a baking dish. Top with spinach, cheddar cheese, and mozzarella cheese.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Baking

Bake in the preheated oven for 15-20 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 15 mins

Step 6

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 20 g

Protein: 40 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	120 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	50 iu	5.56%	7.14%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	15 mcg	100%	100%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	30 mg	3%	3%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	600 mg	17.65%	23.08%
Zinc	25 mg	227.27%	312.5%
Selenium	35 mcg	63.64%	63.64%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Low Fat

Low Carb

Low Sodium

High Vitamin C

High Iron

High Calcium

Cuisines

Italian

French

American

Diet

Anti-Inflammatory Diet

Course

Main Dishes

Side Dishes

Salads

Cultural

Chinese New Year

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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