



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Chicken with Roasted Tomato and Red Onions

This recipe features juicy chicken breasts cooked with roasted tomatoes and red onions. The combination of flavors creates a delicious and satisfying meal. The chicken is marinated in a flavorful sauce and then grilled to perfection. The roasted tomatoes and red onions add a sweet and savory element to the dish. Serve this chicken with a side of rice or roasted vegetables for a complete and nutritious meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Chicken Breasts
250 g	Tomatoes
150 g	Red Onions

2 tbsp	olive oil
2	garlic
cloves	
1 tsp	salt
1 tsp	black pepper
1 tsp	paprika
2 tbsp	lemon juice

Directions

Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix together the olive oil, garlic, salt, black pepper, paprika, and lemon juice to make a marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Resting

Place the chicken breasts in a shallow dish and pour the marinade over them. Let the chicken marinate for at least 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 4

Cutting

Meanwhile, slice the tomatoes and red onions into thick slices.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Grilling

Grill the chicken breasts for about 6-8 minutes per side, or until cooked through.

Prep Time: 0 mins

Cook Time: 15 mins

Step 6

Grilling

During the last few minutes of grilling, add the tomato and onion slices to the grill and cook until slightly charred.

Prep Time: 0 mins

Cook Time: 5 mins

Step 7

Resting

Remove the chicken, tomatoes, and onions from the grill and let them rest for a few minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 8

Cutting

Slice the chicken breasts and serve with the grilled tomatoes and onions.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 30 g

Carbohydrates: 10 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	10 g	18.18%	20%
Fibers	3 g	7.89%	12%
Sugars	5 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	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
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	20 mg	22.22%	26.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	25 mcg	1041.67%	1041.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	8 mg	0.8%	0.8%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Course

Breads

Salads

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

Visit our website: healthdor.com