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Garlic Basil Chicken with Tomato Butter Sauce ••

This delicious garlic basil chicken is cooked in a flavorful tomato butter sauce. It is a classic dish that is perfect for any occasion. The chicken is tender and juicy, and the sauce is rich and creamy. It is a crowd-pleasing recipe that will impress your guests.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Chicken Breasts
4 cloves	garlic cloves
10 leaves	fresh basil leaves

1 c	tomato sauce
4 tbsp	Butter
2 tbsp	Olive oil
1 tsp	Salt
1 tsp	Black pepper
0.5 tsp	Red Pepper Flakes

Directions

Step 1

Season the chicken breasts with salt, black pepper, and red pepper flakes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Frying

Heat olive oil in a large skillet over medium heat. Add the chicken breasts and cook until browned on both sides, about 4-5 minutes per side. Remove the chicken from the skillet and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

In the same skillet, melt the butter. Add minced garlic and cook until fragrant, about 1 minute.

Prep Time: 1 mins

Cook Time: 1 mins

Step 4

Stove

Add tomato sauce and fresh basil leaves to the skillet. Cook for 5 minutes, stirring occasionally.

Prep Time: 1 mins

Cook Time: 5 mins

Step 5

Stove

Return the chicken breasts to the skillet and simmer for 10-15 minutes, or until the chicken is cooked through and the sauce has thickened.

Prep Time: 0 mins

Cook Time: 15 mins

Step 6

Serve the garlic basil chicken with tomato butter sauce hot, garnished with fresh basil leaves.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 25 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
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	5 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
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	15 mg	16.67%	20%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Events

Christmas Easter Thanksgiving

Cuisines

Italian French Thai Mediterranean American Middle Eastern

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Iron

Kitchen Tools

Blender

Oven

Slow Cooker

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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