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Chicken with Sun-Dried Tomato Cream Sauce

This delicious chicken dish is served with a rich sun-dried tomato cream sauce. The chicken is cooked to perfection and the sauce adds a burst of flavor. It's a perfect dish for a special occasion or a cozy dinner at home.

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
100 g	sun-dried tomatoes
250 ml	heavy cream
2 cloves	garlic

2 tbsp	olive oil
1 tsp	salt
1 tsp	black pepper
10 g	Fresh Basil

Directions

Step 1

Season the chicken breasts with salt and black pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Heat olive oil in a pan and cook the chicken breasts until browned and cooked through.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Remove the chicken from the pan and set aside.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4



In the same pan, add minced garlic and cook until fragrant.

Prep Time: 2 mins

Cook Time: 2 mins

Step 5

Stove

Add sun-dried tomatoes and cook for another 2 minutes.

Prep Time: 2 mins

Cook Time: 2 mins

Step 6

Stove

Pour in the heavy cream and simmer for 5 minutes until the sauce thickens.

Prep Time: 2 mins

Cook Time: 5 mins

Step 7

Stove

Add the cooked chicken back into the pan and cook for an additional 2 minutes to heat through.

Prep Time: 1 mins

Cook Time: 2 mins

Step 8

Garnish with fresh basil leaves before serving.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 350 kcal

Fat: 25 g

Protein: 30 g

Carbohydrates: 5 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	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	3 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	12 g	54.55%	70.59%
Fat	25 g	89.29%	100%
Cholesterol	120 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	6 mg	6.67%	8%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	15 mcg	625%	625%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

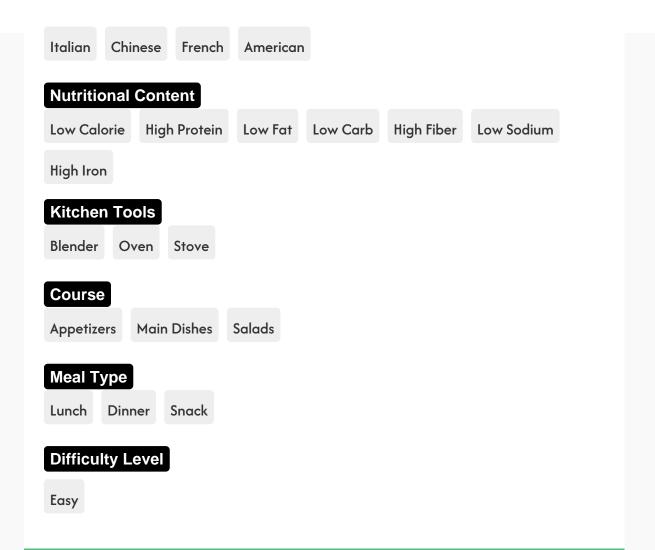
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	500 mg	14.71%	19.23%
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Events

Christmas Thanksgiving Picnic

Cuisines



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