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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

<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper
<b>10 g</b>	Fresh Basil

## Directions

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### Step 1

Season the chicken breasts with salt and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### 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

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### Step 3

Remove the chicken from the pan and set aside.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Stove

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

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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## Step 5

Stove

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

**Prep Time:** 2 mins

**Cook Time:** 2 mins

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## 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

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## 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

Italian

Chinese

French

American

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

High Iron

### Kitchen Tools

Blender

Oven

Stove

### Course

Appetizers

Main Dishes

Salads

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Easy

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