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Caprese Chicken ·

Caprese chicken is a delicious and flavorful dish that combines the classic flavors of caprese salad with tender chicken. It is typically made by topping chicken breasts with fresh mozzarella, tomatoes, and basil, then baking or grilling until the cheese is melted and the chicken is cooked through. The result is a mouthwatering combination of juicy chicken, creamy cheese, and vibrant tomatoes and basil. Caprese chicken can be served on its own or with a side of pasta or salad.

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 |
| 200 g | fresh mozzarella |
| 200 g | Tomatoes |

| | |
|--------|------------------|
| 20 g | Fresh Basil |
| 2 tbsp | olive oil |
| 2 tbsp | balsamic vinegar |
| 1 tsp | salt |
| 1 tsp | black pepper |

Directions

Step 1

Oven

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Season the chicken breasts with salt and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stove

Heat olive oil in a skillet over medium-high heat. Cook the chicken breasts until browned on both sides, about 3-4 minutes per side.

Prep Time: 0 mins

Cook Time: 8 mins

Step 4

Transfer the chicken breasts to a baking dish. Top each breast with sliced mozzarella, tomato slices, and basil leaves.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Drizzle with balsamic vinegar and olive oil. Season with salt and black pepper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Oven

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

Prep Time: 0 mins

Cook Time: 15 mins

Step 7

Resting

Remove from the oven and let the chicken rest for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 35 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 35 g | 205.88% | 205.88% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 5 g | 9.09% | 10% |
| Fibers | 1 g | 2.63% | 4% |
| 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 | 5 g | 22.73% | 29.41% |
| Fat | 15 g | 53.57% | 60% |
| Cholesterol | 100 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 | 15 mg | 1153.85% | 1153.85% |
| Vitamin B12 | 20 mcg | 833.33% | 833.33% |
| Vitamin E | 8 mg | 53.33% | 53.33% |

| 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 | 25 mg | 2.5% | 2.5% |
| Iron | 10 mg | 125% | 55.56% |
| Potassium | 400 mg | 11.76% | 15.38% |
| Zinc | 15 mg | 136.36% | 187.5% |
| Selenium | 30 mcg | 54.55% | 54.55% |

Recipe Attributes

Cuisines

Italian French Mediterranean

Kitchen Tools

Grill Slow Cooker

Course

Side Dishes Salads Snacks

Cultural

Chinese New Year

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

Weight Watchers (WW) Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Volumetrics Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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