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Artichoke Chicken ♦

Artichoke chicken is a delicious and flavorful dish that combines tender chicken with artichoke hearts and a creamy sauce. It is a popular main course that can be enjoyed for lunch or dinner.

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
1 c	artichoke hearts
2 tbsp	olive oil
2 cloves	garlic
1 medium	onion

1 c	heavy cream
0.5 c	parmesan cheese
1 teaspoon	salt
0.5 teaspoon	black pepper
2 tbsp	fresh parsley

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Seasoning

Season the chicken breasts with salt and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Frying

Heat olive oil in a large skillet over medium heat. Add the chicken breasts and cook until browned, about 3-4 minutes per side.

Prep Time: 0 mins

Cook Time: 8 mins

Step 4

Remove the chicken breasts from the skillet and set aside.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Sautéing

In the same skillet, add the garlic and onion. Cook until softened, about 3-4 minutes.

Prep Time: 0 mins

Cook Time: 4 mins

Step 6

Sautéing

Add the artichoke hearts and cook for an additional 2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Simmering

Stir in the heavy cream, Parmesan cheese, salt, and black pepper. Cook until the sauce thickens, about 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 8

Oven

Return the chicken breasts to the skillet and spoon the sauce over them. Transfer the skillet to the preheated oven and bake for 15 minutes, or until the chicken is cooked through.

Prep Time: 0 mins

Cook Time: 15 mins

Step 9

Garnishing

Garnish with fresh parsley before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 20 g

Protein: 50 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	50 g	294.12%	294.12%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	4 g	10.53%	16%
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	6 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	20 g	71.43%	80%
Cholesterol	180 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	25 mg	1923.08%	1923.08%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	700 mg	30.43%	30.43%
Calcium	20 mg	2%	2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Course

Drinks

Salads

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

Difficulty Level

Medium

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