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## One Pan Balsamic Chicken ♦

One Pan Balsamic Chicken is a delicious and easy recipe that combines tender chicken with a tangy balsamic glaze. It can be served with a side of vegetables or over a bed of rice or pasta. This recipe is perfect for a quick and flavorful weeknight dinner.

**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

<b>500 g</b>	Chicken Breasts
<b>4 tbsp</b>	balsamic vinegar
<b>2 tbsp</b>	honey
<b>4 cloves</b>	garlic
<b>2 tbsp</b>	olive oil

1 tsp	dried thyme
1 tsp	salt
1 tsp	black pepper

## Directions

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### Step 1

#### Preheating

Preheat the oven to 400°F (200°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a small bowl, whisk together balsamic vinegar, honey, minced garlic, olive oil, dried thyme, salt, and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Preparation

Place the chicken breasts in a baking dish and pour the balsamic mixture over them, making sure to coat them evenly.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Baking

Bake in the preheated oven for 20-25 minutes or until the chicken is cooked through and the glaze has thickened.

**Prep Time:** 0 mins

**Cook Time:** 25 mins

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## Step 5

Resting

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

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 6

Serving

Serve the One Pan Balsamic Chicken with your choice of side dish or over a bed of rice or pasta.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 8 g

**Protein:** 30 g

**Carbohydrates:** 10 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	10 g	18.18%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	0 g	0%	0%
Sugars	9 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	90 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	5 iu	0.56%	0.71%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	350 mg	15.22%	15.22%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	400 mg	11.76%	15.38%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

Mediterranean

American

### Diet

Anti-Inflammatory Diet

### Events

Picnic

### Course

Appetizers

Main Dishes

Drinks

Salads

Snacks

Sauces & Dressings

### Cooking Method

Steaming

Blanching

Sautéing

Roasting

Serving

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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