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## Potato Chicken Tomato Recipe ♦♦

This recipe combines the flavors of potato, chicken, and tomato to create a delicious and hearty dish. The potatoes add a comforting and filling element, while the chicken provides protein and flavor. The tomatoes add a tangy and refreshing touch. This recipe is perfect for a cozy dinner or a family gathering.

**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

300 g	potato
400 g	Chicken
200 g	Tomato
100 g	onion

2 cloves	garlic
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2 tbsp	olive oil
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1 tsp	salt
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1 tsp	pepper
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## Directions

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### Step 1

#### Cutting

Peel and dice the potatoes.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

#### Sautéing

Heat olive oil in a pan and sauté the onions and garlic until fragrant.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

#### Cooking

Add the chicken to the pan and cook until browned.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 4

Cooking

Add the diced potatoes and tomatoes to the pan. Season with salt and pepper.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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## Step 5

Simmering

Cover the pan and let simmer for 10 minutes or until the potatoes are tender.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Step 6

Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 10 g

**Protein:** 25 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	80 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	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	15 mg	187.5%	83.33%
Potassium	800 mg	23.53%	30.77%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Meal Type

Main Course

Side Dish

Dessert

### Course

Breads

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