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Pan Seared Chicken Breast with Vegetables

A delicious and healthy recipe featuring pan-seared chicken breast served with a variety of fresh vegetables. This recipe is packed with protein and nutrients, making it a perfect choice for a satisfying meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
2 tbsp	olive oil
1 teaspoon	salt

1 teaspoon	black pepper
1 teaspoon	garlic powder
1 teaspoon	paprika
200 g	broccoli
200 g	Carrots
200 g	bell pepper
100 g	red onion

Directions

Step 1

Season the chicken breast with salt, black pepper, garlic powder, and paprika.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Heat olive oil in a pan over medium heat. Add the seasoned chicken breast and cook for 5 minutes on each side, or until cooked through.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Resting

Remove the chicken breast from the pan and let it rest for a few minutes before slicing.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Stove

In the same pan, add the broccoli, carrots, bell pepper, and red onion. Cook for 5 minutes, or until the vegetables are tender.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Serving

Slice the chicken breast and serve it with the cooked vegetables.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
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	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	8 mg	53.33%	53.33%
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%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	500 mg	14.71%	19.23%
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

Diet

Anti-Inflammatory Diet

Course

Soups

Side Dishes

Desserts

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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