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Chicken Spinach & Asiago Sausage

This recipe combines chicken, spinach, and asiago sausage to create a flavorful and hearty dish. It is perfect for a quick and easy 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

400 g	chicken breast
200 g	spinach
100 g	asiago sausage
1 tsp	salt
1 tsp	black pepper

1 tsp garlic powder

2 tbsp olive oil

Directions

Step 1

Cut

Slice the chicken breast into thin strips.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Heat olive oil in a skillet over medium heat. Add the chicken strips and cook until browned.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Remove the chicken from the skillet and set aside. In the same skillet, add the spinach and cook until wilted.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Stove

Slice the asiago sausage into thin rounds. Add the sausage to the skillet and cook until heated through.

Prep Time: 2 mins

Cook Time: 5 mins

Step 5

Stove

Return the chicken to the skillet and season with salt, black pepper, and garlic powder. Cook for an additional 2 minutes.

Prep Time: 1 mins

Cook Time: 2 mins

Step 6

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 40 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
Sugars	1 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	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	20 iu	2.22%	2.86%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	30 mcg	1250%	1250%
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	15 mg	1.5%	1.5%

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

Cuisines

Italian

Nutritional Content

Low Calorie

Kitchen Tools

Blender

Slow Cooker

Course

Appetizers

Side Dishes

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

Halloween

Cost

Under \$10

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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