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## Spinach Chicken and Gorgonzola

A delicious and savory dish featuring spinach, chicken, and gorgonzola cheese. This recipe combines the flavors of tender chicken, earthy spinach, and tangy gorgonzola for a satisfying meal. Perfect for a hearty dinner or special occasion.

**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 breast
<b>200 g</b>	spinach
<b>100 g</b>	gorgonzola cheese
<b>2 tbsp</b>	olive oil
<b>2 cloves</b>	garlic

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

#### Seasoning

Season the chicken breasts with salt and black pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Sautéing

Heat olive oil in a large oven-safe skillet over medium-high heat. Add the chicken breasts and cook for 3-4 minutes on each side until browned.

**Prep Time:** 5 mins

**Cook Time:** 8 mins

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## Step 4

Oven

Transfer the skillet to the preheated oven and bake for 12-15 minutes until the chicken is cooked through.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

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## Step 5

Sautéing

Meanwhile, heat olive oil in a separate skillet over medium heat. Add garlic and cook for 1 minute until fragrant. Add spinach and cook for 2-3 minutes until wilted.

**Prep Time:** 2 mins

**Cook Time:** 3 mins

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## Step 6

Oven

Remove the chicken from the oven and top each breast with crumbled gorgonzola cheese. Return to the oven and bake for an additional 2-3 minutes until the cheese is melted.

**Prep Time:** 0 mins

**Cook Time:** 3 mins

## Step 7

Serving

Serve the chicken breasts with the sautéed spinach. Enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 15 g

**Protein:** 35 g

**Carbohydrates:** 5 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	35 g	205.88%	205.88%
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## 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	6 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	25 iu	2.78%	3.57%
Vitamin C	15 mg	16.67%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	600 mg	26.09%	26.09%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Seasonality

Spring Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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