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## Great Escape

A delicious and hearty recipe that is perfect for any occasion. This recipe has a rich history and is enjoyed by many. The preparation and cooking times are relatively short, making it a convenient choice for busy individuals. The recipe yields a generous quantity, making it suitable for large gatherings or leftovers. The ingredients are a combination of products and foods, ensuring a well-balanced and flavorful dish. The directions are easy to follow and include various food preparation techniques. The nutrition facts provide essential information about the recipe's nutrient content, allowing individuals to make informed dietary choices. This recipe is best suited for lunch, dinner, and snack occasions.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

500 g chicken breast

200 g bell pepper

<b>150 g</b>	onion
<b>3 cloves</b>	garlic
<b>2 tbsp</b>	olive oil
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper
<b>1 tsp</b>	paprika
<b>1 tsp</b>	cumin
<b>2 tbsp</b>	lime juice
<b>20 g</b>	Cilantro

## Directions

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### Step 1

Cut

Slice the chicken breast into thin strips.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

### Step 2

Cut

Dice the bell pepper and onion.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Cut

Mince the garlic cloves.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 4

Stove

In a large pan, heat olive oil over medium heat.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

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### Step 5

Stove

Add the chicken strips to the pan and cook until browned.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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### Step 6

Stove

Add the bell pepper, onion, and minced garlic to the pan. Cook until the vegetables are tender.

**Prep Time:** 0 mins

**Cook Time:** 8 mins

## Step 7

Stove

Season with salt, black pepper, paprika, and cumin.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

## Step 8

Stove

Drizzle lime juice over the dish and sprinkle with cilantro.

**Prep Time:** 0 mins

**Cook Time:** 1 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 10 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%
Fibers	3 g	7.89%	12%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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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	80 mg	88.89%	106.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	15 mg	187.5%	83.33%
Potassium	700 mg	20.59%	26.92%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	25 mcg	45.45%	45.45%

## Recipe Attributes

### Seasonality

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  
Game Day

### Meal Type

Lunch Dinner Snack

### Difficulty Level

Easy

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