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Pasta with Chicken Breast ♦♦

A delicious pasta dish with tender chicken breast pieces.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 25 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

300 g	Pasta
400 g	chicken breast
2 tbsp	olive oil
2 cloves	garlic
1 tsp	salt
1 tsp	black pepper

50 g	parmesan cheese
10 leaves	Fresh Basil

Directions

Step 1

Boiling

Cook the pasta according to package instructions.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Grilling

Season the chicken breast with salt and black pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Sautéing

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

Prep Time: 2 mins

Cook Time: 3 mins

Step 4

Stir-frying

Add cooked pasta to the pan and toss with garlic oil.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Slice grilled chicken breast and add it to the pasta.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serve the pasta topped with grated Parmesan cheese and fresh basil leaves.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 15 g

Protein: 30 g

Carbohydrates: 40 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	40 g	72.73%	80%
Fibers	3 g	7.89%	12%
Sugars	2 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	8 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	15 g	53.57%	60%
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	2 mg	2.22%	2.67%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian Chinese Mediterranean American

Kitchen Tools

Slow Cooker Blender

Nutritional Content

Low Calorie

Course

Appetizers Main Dishes Side Dishes Salads Sauces & Dressings

Cultural

Ramadan Halloween

Cost

\$10 to \$20

Demographics

Kids Friendly Teen Friendly Lactation Friendly Diabetic Friendly

Diet

Mediterranean Diet

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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