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## Chicken Vegy Medley ♦

A delicious medley of chicken and vegetables, perfect for a hearty meal.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 30 mins

**Total Time:** 50 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g	chicken breast
200 g	Carrots
200 g	broccoli
150 g	Red Bell Pepper
2 tbsp	olive oil
1 tsp	salt
1 tsp	pepper

1 tsp garlic powder

## Directions

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### Step 1

#### Preheating

Preheat the oven to 400°F.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Cutting

Cut the chicken breast into bite-sized pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Cutting

Chop the carrots, broccoli, and red bell pepper into small pieces.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 4

### Baking

In a large baking dish, combine the chicken and vegetables. Drizzle with olive oil and sprinkle with salt, pepper, and garlic powder.

**Prep Time:** 5 mins

**Cook Time:** 30 mins

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## Step 5

### Oven

Bake in the preheated oven for 30 minutes, or until the chicken is cooked through and the vegetables are tender.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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## Step 6

### Serving

Serve hot and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**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	20 mcg	833.33%	833.33%
Vitamin E	10 mg	66.67%	66.67%
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	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

## 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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