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Chicken Margherita Flatbread

Chicken Margherita Flatbread is a delicious and flavorful recipe that combines the classic flavors of Margherita pizza with tender chicken. The flatbread is topped with juicy chicken, fresh tomatoes, mozzarella cheese, and basil leaves. It is a perfect dish for a quick and easy weeknight dinner or a casual gathering with friends and family.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Flatbread
300 g	chicken breast
200 g	Tomatoes
200 g	Mozzarella Cheese
20 g	basil leaves

2 tbsp	olive oil
1 tsp	salt
1 tsp	black pepper
1 tsp	garlic powder

Directions

Step 1

Oven

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Season the chicken breast with salt, black pepper, and garlic powder.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Heat olive oil in a skillet over medium heat. Cook the chicken breast until cooked through, about 5-6 minutes per side. Remove from heat and let it rest for a few minutes.

Slice the chicken into thin strips.

Prep Time: 5 mins

Cook Time: 12 mins

Step 4

Place the flatbread on a baking sheet. Top with sliced tomatoes, cooked chicken, and mozzarella cheese.

Prep Time: 2 mins

Cook Time: 5 mins

Step 5

Oven

Bake in the preheated oven for 8-10 minutes, or until the cheese is melted and bubbly.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Remove from the oven and garnish with fresh basil leaves.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Slice the flatbread into serving portions and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 12 g

Protein: 24 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	24 g	141.18%	141.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
Sugars	3 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	6 g	27.27%	35.29%
Fat	12 g	42.86%	48%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
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	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Cuisines

Italian

French

Japanese

Mediterranean

Middle Eastern

Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

Low Sodium

Course

Appetizers

Main Dishes

Side Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cost

\$10 to \$20

Demographics

Pregnancy Safe

Lactation Friendly

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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