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Tender Tomato Chicken Breasts ✦

Tender chicken breasts cooked in a delicious tomato sauce. This recipe is perfect for a hearty and satisfying meal.

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

500 g	Chicken Breasts
2 c	Tomatoes
1 medium	onion
3 cloves	garlic
2 tbsp	olive oil

1 tsp	salt
1 tsp	black pepper
1 tsp	dried basil
1 tsp	dried oregano

Directions

Step 1

Season the chicken breasts with salt, pepper, dried basil, and dried oregano.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Stove

Heat olive oil in a pan over medium heat. Add the chicken breasts and cook until browned on both sides.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Remove the chicken breasts from the pan and set aside. In the same pan, add diced onion and minced garlic. Cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stove

Add diced tomatoes to the pan and cook for a few minutes until heated through. Return the chicken breasts to the pan and simmer for 10 minutes.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Serve the chicken breasts with the tomato sauce. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 30 g

Carbohydrates: 5 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	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	20 mg	22.22%	26.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	15 mcg	625%	625%
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	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	15 mg	136.36%	187.5%
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Italian Middle Eastern

Kitchen Tools

Slow Cooker

Course

Appetizers Main Dishes Side Dishes Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Easter

Demographics

Kids Friendly Teen Friendly Lactation Friendly Diabetic Friendly

Diet

Mediterranean Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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