

# Tomato Basil Chicken

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/basil-chicken-indian-recipe>

## Ingredients:

- 1 pound chicken breast boneless /skinless
- salt /Pepper/Garlic Powder/Dried Basil
- 2 tablespoons extra-virgin olive oil
- 2 cups chopped tomatoes
- 4 teaspoons garlic minced
- 4 tablespoons butter cold
- 1/2 cup basil chopped
- Parmesan cheese shredded

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 105 milligrams
4. Fat: 23 grams
5. Fiber: 1 grams
6. Protein: 26 grams
7. SaturatedFat: 10 grams
8. Sodium: 470 milligrams
9. Sugar: 2 grams

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