



## Cheesy Chicken with Ranch

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup round buttery crackers crushed cheese-flavored
- 2 tablespoons olive oil
- 0.8 cup ranch dressing
- 0.3 teaspoon lawry's seasoned salt (such as LAWRY'S®)
- 4 chicken breast halves boneless skinless cut into chunks

### Equipment

- bowl
- oven

baking pan

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Coat a 9x13-inch baking dish with olive oil.
- Stir seasoned salt into crackers in a bowl.
- Pour ranch dressing in a separate bowl. Dip chicken chunks into ranch dressing and press into cracker mixture until coated.
- Spread chicken in prepared baking dish.
- Bake in preheated oven until chicken is no longer pink in the center, about 15 minutes.

## Nutrition Facts

 **PROTEIN 22.7%**  **FAT 66.53%**  **CARBS 10.77%**

## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:16.838260754295%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 458kcal (22.9%), Fat: 33.43g (51.44%), Saturated Fat: 5.56g (34.73%), Carbohydrates: 12.18g (4.06%), Net Carbohydrates: 11.84g (4.3%), Sugar: 3.33g (3.7%), Cholesterol: 84.02mg (28.01%), Sodium: 814.31mg (35.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.67g (51.34%), Vitamin K: 72.24µg (68.8%), Vitamin B3: 12.54mg (62.71%), Selenium: 38.43µg (54.89%), Vitamin B6: 0.87mg (43.44%), Phosphorus: 361.95mg (36.19%), Vitamin B5: 2.02mg (20.25%), Vitamin E: 2.75mg (18.3%), Potassium: 464.85mg (13.28%), Vitamin B2: 0.19mg (11.29%), Vitamin B1: 0.15mg (9.69%), Magnesium: 34.48mg (8.62%), Iron: 1.26mg (7.02%), Manganese: 0.12mg (5.86%), Zinc: 0.82mg (5.49%), Vitamin B12: 0.3µg (5.04%), Folate: 17.12µg (4.28%), Calcium: 41.51mg (4.15%), Copper: 0.06mg (2.89%), Vitamin C: 1.36mg (1.64%), Fiber: 0.34g (1.38%), Vitamin D: 0.16µg (1.05%), Vitamin A: 51IU (1.02%)