



Chicken Ranch Dijon

READY IN



35 min.

SERVINGS



4

CALORIES



757 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounces angel hair pasta
- 0.3 cup butter
- 4 chicken breast halves - and pounded boneless skinless trimmed thin
- 0.5 cup dijon mustard
- 0.3 cup cooking wine dry white
- 1 tablespoon parsley fresh chopped to taste
- 4 servings salt and ground pepper black to taste
- 0.8 cup ranch dressing

Equipment

- bowl
- frying pan
- whisk
- pot
- aluminum foil

Directions

- Bring a pot of lightly salted water to a boil and set heat to medium-low; keep the water at a low boil while you complete remaining steps.
- Sprinkle chicken breasts with salt and black pepper. Melt butter in a skillet over medium heat and cook chicken breasts in the hot butter until browned and no longer pink inside, about 8 minutes per side.
- Transfer chicken to a platter, cover loosely with aluminum foil, and keep warm.
- Whisk ranch dressing and Dijon mustard together in a bowl.
- Pour white wine into skillet; scrape and dissolve any browned bits of food in the bottom of the skillet into wine.
- Whisk ranch dressing mixture the skillet, reduce heat to low, and bring sauce to a simmer.
- Cook angel hair in the boiling water, stirring occasionally, until cooked through but firm to the bite, 4 to 5 minutes.
- Drain pasta and toss lightly with ranch sauce.
- Divide pasta between 4 serving plates and top each serving with a chicken breast. Spoon remaining sauce over chicken breasts and sprinkle with parsley.

Nutrition Facts

 **PROTEIN 19.2%**  **FAT 49.38%**  **CARBS 31.42%**

Properties

Glycemic Index:50.75, Glycemic Load:21.48, Inflammation Score:-7, Nutrition Score:25.028695334559%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 756.89kcal (37.84%), Fat: 40.43g (62.19%), Saturated Fat: 13.77g (86.08%), Carbohydrates: 57.88g (19.29%), Net Carbohydrates: 54.22g (19.72%), Sugar: 4.66g (5.17%), Cholesterol: 124.69mg (41.56%), Sodium: 1006.37mg (43.76%), Alcohol: 2.06g (100%), Alcohol %: 0.87% (100%), Protein: 35.36g (70.73%), Selenium: 93.32µg (133.32%), Vitamin K: 79.03µg (75.27%), Vitamin B3: 13.23mg (66.17%), Phosphorus: 497.44mg (49.74%), Vitamin B6: 0.99mg (49.69%), Manganese: 0.85mg (42.67%), Vitamin B5: 2.4mg (24.03%), Magnesium: 87.18mg (21.8%), Potassium: 677.25mg (19.35%), Fiber: 3.66g (14.66%), Vitamin B1: 0.2mg (13.64%), Copper: 0.27mg (13.53%), Vitamin B2: 0.23mg (13.28%), Zinc: 1.98mg (13.22%), Vitamin A: 630.61IU (12.61%), Vitamin E: 1.85mg (12.32%), Iron: 2.1mg (11.66%), Calcium: 60.91mg (6.09%), Folate: 23.56µg (5.89%), Vitamin B12: 0.33µg (5.58%), Vitamin C: 2.81mg (3.41%), Vitamin D: 0.16µg (1.05%)