



Garlic Ranch Chicken

 **Gluten Free**  **Dairy Free**

READY IN



65 min.

SERVINGS



4

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon basil fresh chopped
- 2 tablespoons garlic chopped
- 1 cup ranch dressing fat free
- 4 chicken breasts boneless skinless

Equipment

- grill
- ziploc bags

Directions

- Combine the dressing, garlic and basil in a large resealable plastic bag.
- Add chicken pieces, turning them to coat. Squeeze out air and seal bag.
- Place in refrigerator for 1/2 hour.
- Preheat grill to medium heat.
- Grill chicken breasts for 6 to 8 minutes on each side, turning occasionally, until juices run clear when pierced with a fork.

Nutrition Facts

PROTEIN 25.92% **FAT 69.03%** **CARBS 5.05%**

Properties

Glycemic Index:25, Glycemic Load:0.38, Inflammation Score:-3, Nutrition Score:16.46956528788%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 392.89kcal (19.64%), Fat: 29.65g (45.62%), Saturated Fat: 4.82g (30.13%), Carbohydrates: 4.88g (1.63%), Net Carbohydrates: 4.79g (1.74%), Sugar: 2.86g (3.17%), Cholesterol: 87.92mg (29.31%), Sodium: 672.38mg (29.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.05g (50.1%), Vitamin K: 82.77µg (78.83%), Vitamin B3: 11.85mg (59.25%), Selenium: 38.83µg (55.47%), Vitamin B6: 0.91mg (45.74%), Phosphorus: 355.3mg (35.53%), Vitamin B5: 2.11mg (21.14%), Potassium: 474.02mg (13.54%), Vitamin E: 1.55mg (10.36%), Vitamin B2: 0.17mg (10%), Magnesium: 33.7mg (8.42%), Vitamin B1: 0.09mg (5.97%), Manganese: 0.11mg (5.74%), Vitamin B12: 0.33µg (5.47%), Zinc: 0.81mg (5.39%), Iron: 0.68mg (3.79%), Vitamin C: 2.69mg (3.27%), Calcium: 30.58mg (3.06%), Copper: 0.06mg (2.79%), Folate: 7.38µg (1.85%), Vitamin A: 83.43IU (1.67%), Vitamin D: 0.17µg (1.15%)