



## Garlic Ranch Chicken



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



135 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon basil fresh chopped
- ☐ 2 tablespoons garlic chopped
- ☐ 4 chicken breasts boneless skinless

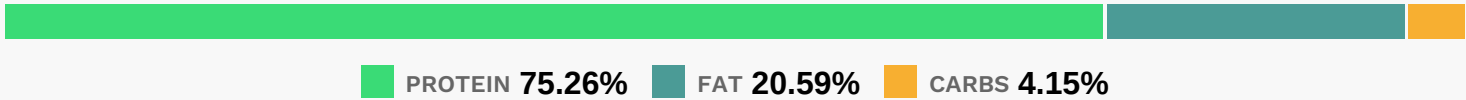
## Equipment

- ☐ 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



## Properties

Glycemic Index:25, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:11.282174006752%

## 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: 134.9kcal (6.74%), Fat: 2.95g (4.54%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 1.34g (0.45%), Net Carbohydrates: 1.25g (0.45%), Sugar: 0.04g (0.05%), Cholesterol: 72.32mg (24.11%), Sodium: 131.78mg (5.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.26g (48.52%), Vitamin B3: 11.82mg (59.09%), Selenium: 36.73µg (52.47%), Vitamin B6: 0.9mg (44.84%), Phosphorus: 243.7mg (24.37%), Vitamin B5: 1.64mg (16.35%), Potassium: 435.61mg (12.45%), Magnesium: 30.7mg (7.68%), Vitamin B2: 0.12mg (6.93%), Vitamin B1: 0.08mg (5.37%), Zinc: 0.71mg (4.71%), Manganese: 0.09mg (4.48%), Vitamin B12: 0.23µg (3.77%), Vitamin C: 2.69mg (3.27%), Iron: 0.5mg (2.79%), Vitamin K: 2.37µg (2.26%), Copper: 0.04mg (2.22%), Vitamin E: 0.22mg (1.48%), Calcium: 13.77mg (1.38%), Folate: 4.98µg (1.25%), Vitamin A: 60.63IU (1.21%)