



Lemon Pepper-Ranch Chicken

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



320 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 lb chicken breast boneless skinless
- ☐ 3 tablespoons ranch dressing reduced-fat
- ☐ 1 cup panko bread crumbs crispy
- ☐ 2 tablespoons butter melted
- ☐ 1 serving parsley fresh

Equipment

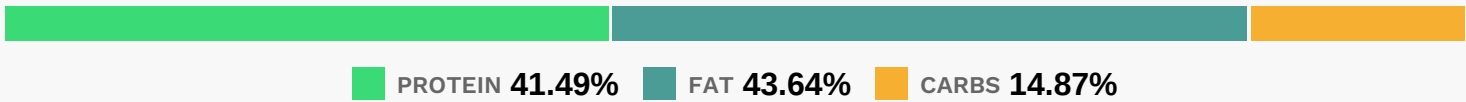
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ plastic wrap
- ☐ aluminum foil
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Heat oven to 425°F. Line cookie sheet with foil; spray foil with cooking spray. Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/2 inch thick.
- ☐ In shallow bowl, place dressing. Dip chicken in dressing; coat evenly with bread crumbs.
- ☐ Place on cookie sheet.
- ☐ Drizzle with melted butter.
- ☐ Bake 10 minutes. Turn chicken; bake 5 to 10 minutes longer or until juice of chicken is clear when center of thickest part is cut (165°F) and coating is light golden brown.
- ☐ Garnish with parsley.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:17.86826112996%

Flavonoids

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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 319.91kcal (16%), Fat: 15.12g (23.25%), Saturated Fat: 2.94g (18.36%), Carbohydrates: 11.59g (3.86%), Net Carbohydrates: 10.88g (3.96%), Sugar: 1.47g (1.63%), Cholesterol: 93.64mg (31.21%), Sodium: 442.16mg (19.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.34g (64.67%), Vitamin B3: 15.8mg (79%), Selenium: 49.53µg (70.76%), Vitamin B6: 1.08mg (54.24%), Phosphorus: 345.53mg (34.55%), Vitamin K: 32.75µg (31.19%), Vitamin B5: 2.2mg (22.02%), Potassium: 569.55mg (16.27%), Vitamin B1: 0.24mg (15.93%), Vitamin B2: 0.22mg (12.68%),

Magnesium: 44.58mg (11.14%), Manganese: 0.17mg (8.27%), Vitamin A: 381.43IU (7.63%), Iron: 1.34mg (7.47%), Zinc: 1.07mg (7.13%), Vitamin B12: 0.36µg (6.04%), Folate: 23.76µg (5.94%), Vitamin E: 0.76mg (5.04%), Calcium: 41.17mg (4.12%), Copper: 0.08mg (4.01%), Vitamin C: 3.05mg (3.69%), Fiber: 0.71g (2.83%), Vitamin D: 0.15µg (1.02%)