



Marinated Ranch Broiled Chicken

 Gluten Free  Dairy Free  Low Fod Map

READY IN



80 min.

SERVINGS



2

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons olive oil
- 1 ounce ranch seasoning dry ranch-style
- 1 tablespoon red wine vinegar
- 2 chicken breast halves boneless skinless

Equipment

- oven
- grill
- ziploc bags

Directions

- Combine the dressing mix, oil and vinegar in a large, resealable plastic bag and mix together.
- Add chicken to bag, seal and shake to coat; work mixture into the meat.
- Refrigerate to marinate for at least 1 hour, or overnight if possible.
- Preheat oven to Broil/Grill.
- Remove chicken from bag, discarding any remaining marinade, and broil for 10 to 15 minutes or until cooked through and no longer pink inside.

Nutrition Facts

PROTEIN 34.29% **FAT 54.43%** **CARBS 11.28%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:11.538260913414%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 293.41kcal (14.67%), Fat: 16.93g (26.04%), Saturated Fat: 2.57g (16.08%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 7.9g (2.87%), Sugar: 0g (0%), Cholesterol: 72.32mg (24.11%), Sodium: 1195.07mg (51.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.99g (47.99%), Vitamin B3: 11.79mg (58.93%), Selenium: 36.16µg (51.66%), Vitamin B6: 0.85mg (42.32%), Phosphorus: 237.9mg (23.79%), Vitamin B5: 1.61mg (16.1%), Vitamin E: 2.23mg (14.87%), Potassium: 421.17mg (12.03%), Vitamin K: 8.65µg (8.24%), Magnesium: 29.68mg (7.42%), Vitamin B2: 0.11mg (6.65%), Vitamin B1: 0.07mg (4.82%), Zinc: 0.66mg (4.38%), Vitamin B12: 0.23µg (3.77%), Iron: 0.53mg (2.95%), Vitamin C: 1.39mg (1.69%), Copper: 0.03mg (1.56%), Folate: 4.52µg (1.13%), Manganese: 0.02mg (1.02%)