



Ranch Chicken

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



289 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb chicken breast halves boneless skinless
- 0.3 cup ranch dressing
- 0.3 cup breadcrumbs dry (any flavor)
- 2 tablespoons vegetable oil

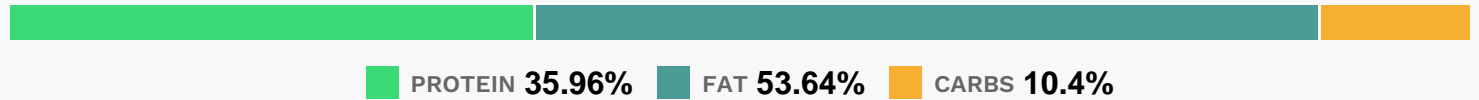
Equipment

- frying pan

Directions

- Dip chicken into dressing, then coat with bread crumbs.
- In 10-inch skillet, heat oil over medium-high heat. Cook chicken in oil 12 to 15 minutes, turning once, until outside is golden brown and juice is no longer pink when centers of thickest pieces are cut.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:14.025217561618%

Nutrients (% of daily need)

Calories: 289.44kcal (14.47%), Fat: 16.89g (25.98%), Saturated Fat: 2.83g (17.7%), Carbohydrates: 7.36g (2.45%), Net Carbohydrates: 6.96g (2.53%), Sugar: 1.26g (1.4%), Cholesterol: 76.47mg (25.49%), Sodium: 332.57mg (14.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.47g (50.95%), Vitamin B3: 12.43mg (62.16%), Selenium: 39.08µg (55.83%), Vitamin B6: 0.86mg (43.24%), Vitamin K: 33.43µg (31.83%), Phosphorus: 280.89mg (28.09%), Vitamin B5: 1.79mg (17.85%), Potassium: 446.81mg (12.77%), Vitamin B1: 0.16mg (10.79%), Vitamin B2: 0.16mg (9.57%), Magnesium: 34.1mg (8.53%), Vitamin E: 1.11mg (7.41%), Zinc: 0.81mg (5.42%), Manganese: 0.11mg (5.3%), Iron: 0.9mg (5%), Vitamin B12: 0.28µg (4.73%), Folate: 14.77µg (3.69%), Copper: 0.06mg (2.82%), Calcium: 26.34mg (2.63%), Vitamin C: 1.36mg (1.65%), Fiber: 0.41g (1.62%)