

# Ranch Chicken

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

READY IN



**130 min.**

SERVINGS



**6**

CALORIES



**307 kcal**

SIDE DISH

## Ingredients

- 4 chicken pieces
- 1 onion chopped
- 1 cup salad dressing ranch-style
- 2 tablespoons vegetable oil
- 0.5 cup water

## Equipment

- frying pan

## Directions

- Heat oil in a large skillet over medium heat.
- Add onion and saute until tender.
- Add chicken and brown with onions, stirring so as not to burn.
- Add dressing and water; reduce heat to low and cook over low heat for about 1 hour, or until chicken is cooked through and no longer pink inside.

## Nutrition Facts

**PROTEIN 19.31%** **FAT 72.21%** **CARBS 8.48%**

## Properties

Glycemic Index:4.5, Glycemic Load:0.38, Inflammation Score:-2, Nutrition Score:7.5008695592051%

## Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 307.1kcal (15.36%), Fat: 24.42g (37.57%), Saturated Fat: 5.18g (32.35%), Carbohydrates: 6.45g (2.15%), Net Carbohydrates: 6.14g (2.23%), Sugar: 5.01g (5.56%), Cholesterol: 57.8mg (19.27%), Sodium: 444.59mg (19.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.7g (29.39%), Vitamin K: 31.5µg (30%), Vitamin B3: 5.31mg (26.57%), Selenium: 11.97µg (17.1%), Vitamin B6: 0.32mg (15.84%), Phosphorus: 124.48mg (12.45%), Vitamin E: 1.46mg (9.76%), Vitamin B5: 0.72mg (7.24%), Zinc: 1.07mg (7.13%), Potassium: 205.32mg (5.87%), Vitamin B2: 0.1mg (5.73%), Magnesium: 19.4mg (4.85%), Iron: 0.83mg (4.64%), Vitamin B1: 0.06mg (4.17%), Vitamin B12: 0.24µg (3.98%), Vitamin C: 2.75mg (3.33%), Copper: 0.05mg (2.74%), Manganese: 0.05mg (2.52%), Vitamin A: 122.36IU (2.45%), Folate: 8.11µg (2.03%), Calcium: 18.38mg (1.84%), Fiber: 0.31g (1.25%), Vitamin D: 0.15µg (1.03%)