



Ranch Crispy Chicken

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



162 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup breadcrumbs dry
- 2 ounce ranch seasoning
- 8 chicken breast halves boneless skinless

Equipment

- baking sheet
- oven
- ziploc bags

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Combine dressing mix and bread crumbs in a plastic bag.
- Add chicken and shake until coated.
- Place coated chicken pieces on an ungreased cookie sheet and bake in preheated oven for 25 to 30 minutes, or until chicken is cooked through and juices run clear.
- Serve with rice or potatoes, if desired.

Nutrition Facts

PROTEIN 64.67% **FAT 18.49%** **CARBS 16.84%**

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:11.101304365241%

Nutrients (% of daily need)

Calories: 161.85kcal (8.09%), Fat: 3.11g (4.78%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 6.37g (2.12%), Net Carbohydrates: 6.22g (2.26%), Sugar: 0.21g (0.23%), Cholesterol: 72.32mg (24.11%), Sodium: 687.34mg (29.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.44g (48.88%), Vitamin B3: 12.01mg (60.05%), Selenium: 37.01µg (52.87%), Vitamin B6: 0.85mg (42.52%), Phosphorus: 242.87mg (24.29%), Vitamin B5: 1.63mg (16.29%), Potassium: 424.71mg (12.13%), Magnesium: 30.83mg (7.71%), Vitamin B2: 0.13mg (7.45%), Vitamin B1: 0.1mg (7%), Zinc: 0.7mg (4.7%), Vitamin B12: 0.24µg (3.96%), Iron: 0.58mg (3.23%), Manganese: 0.05mg (2.4%), Folate: 8.13µg (2.03%), Copper: 0.04mg (1.96%), Vitamin C: 1.36mg (1.64%), Vitamin E: 0.22mg (1.45%), Calcium: 11.83mg (1.18%)