



Ranch Oven-Fried Chicken with Warm Corn Relish

 **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



576 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter melted
- 2 cups regular corn fresh green frozen giant® niblets®
- 0.3 teaspoon pepper
- 0.8 cup ranch dressing reduced-fat
- 1.3 lb chicken breast boneless skinless
- 0.8 cup baking mix original bisquick®

Equipment

- frying pan
- oven

Directions

- Heat oven to 425°F. Spray 13x9-inch pan with cooking spray.
- In shallow dish, mix Bisquick mix and pepper. Into another shallow dish, pour 1/2 cup of the dressing. Coat chicken with dressing, then coat with Bisquick mixture, pressing so coating sticks to chicken.
- Place in pan.
- Drizzle with butter.
- Bake uncovered about 30 minutes or until juice of chicken is clear when center of thickest part is cut (170°F).
- Meanwhile, cook corn as directed on bag; drain. Stir remaining 1/4 cup dressing into corn. Spoon warm corn relish onto serving plate. Arrange chicken on corn.

Nutrition Facts



PROTEIN 24.3% FAT 52.77% CARBS 22.93%

Properties

Glycemic Index:21.88, Glycemic Load:7.96, Inflammation Score:-6, Nutrition Score:23.739130818326%

Nutrients (% of daily need)

Calories: 575.96kcal (28.8%), Fat: 33.96g (52.24%), Saturated Fat: 6.15g (38.44%), Carbohydrates: 33.19g (11.07%), Net Carbohydrates: 30.84g (11.22%), Sugar: 8.23g (9.14%), Cholesterol: 102.87mg (34.29%), Sodium: 923.78mg (40.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.19g (70.38%), Vitamin B3: 17.13mg (85.65%), Selenium: 48.78µg (69.69%), Vitamin B6: 1.2mg (60.02%), Vitamin K: 62.56µg (59.58%), Phosphorus: 574.09mg (57.41%), Vitamin B5: 3.2mg (31.95%), Potassium: 762.4mg (21.78%), Vitamin B1: 0.3mg (19.95%), Vitamin B2: 0.33mg (19.17%), Magnesium: 65.17mg (16.29%), Folate: 53.4µg (13.35%), Manganese: 0.26mg (13.06%), Vitamin E: 1.59mg (10.57%), Vitamin A: 514.11IU (10.28%), Zinc: 1.51mg (10.08%), Fiber: 2.35g (9.41%), Iron: 1.64mg (9.12%), Vitamin B12: 0.45µg (7.58%), Vitamin C: 6.02mg (7.29%), Calcium: 64.93mg (6.49%), Copper: 0.12mg (6.04%), Vitamin D: 0.19µg (1.24%)