



WHATSheATE



Ranch-Style Thighs and Breasts

READY IN



60 min.

SERVINGS



6

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bread crumbs dry
- ☐ 0.5 teaspoon penzey's southwest seasoning italian
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.5 cup ranch dressing
- ☐ 3 chicken breasts boneless skinless
- ☐ 3 chicken thighs boneless skinless
- ☐ 2 tablespoons cornmeal yellow

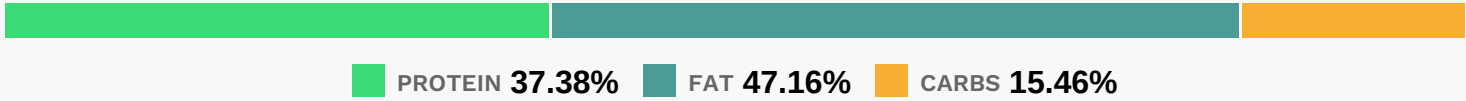
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C). Grease a 9x13-inch baking dish.
- ☐ Combine bread crumbs, Parmesan cheese, yellow cornmeal, and Italian seasoning in a shallow dish.
- ☐ Pour ranch dressing in a separate shallow bowl.
- ☐ Dip chicken thighs and chicken breasts in ranch dressing to coat; press into the bread crumb mixture to coat both sides. Arrange chicken pieces in the prepared baking dish.
- ☐ Cook chicken until no longer pink in the center and the juices run clear, 45 to 50 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:12.25, Glycemic Load:1.45, Inflammation Score:-2, Nutrition Score:13.958260834217%

Nutrients (% of daily need)

Calories: 283.98kcal (14.2%), Fat: 14.53g (22.36%), Saturated Fat: 3.09g (19.29%), Carbohydrates: 10.72g (3.57%), Net Carbohydrates: 9.93g (3.61%), Sugar: 1.56g (1.73%), Cholesterol: 98.66mg (32.89%), Sodium: 435mg (18.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.92g (51.84%), Selenium: 35.48µg (50.69%), Vitamin B3: 9.75mg (48.75%), Vitamin B6: 0.72mg (35.81%), Phosphorus: 310.52mg (31.05%), Vitamin K: 30.26µg (28.82%), Vitamin B5: 1.73mg (17.27%), Vitamin B2: 0.23mg (13.44%), Vitamin B1: 0.19mg (12.56%), Potassium: 398.42mg (11.38%), Zinc: 1.64mg (10.93%), Vitamin B12: 0.6µg (9.94%), Magnesium: 38.03mg (9.51%), Iron: 1.34mg (7.42%), Manganese: 0.14mg (7.09%), Calcium: 69.68mg (6.97%), Vitamin E: 0.72mg (4.83%), Copper: 0.08mg (4.22%), Folate: 16.73µg (4.18%), Fiber: 0.79g (3.16%), Vitamin A: 76.99IU (1.54%)