



Texas Ranch Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons olive oil
- 1.5 cups salad dressing ranch-style
- 2 cups mozzarella cheese shredded
- 1.5 pounds squirrels boneless skinless

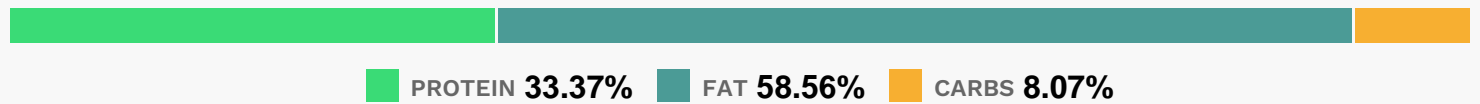
Equipment

- frying pan
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Spread the olive oil in a 9x13 inch baking dish.
- Arrange chicken in the dish, and cover with the dressing. It's best to place chicken pieces close together so that the cheese and the dressing do not burn on the bottom of the pan.
- Bake for 20 minutes in the preheated oven.
- Remove from heat, top with mozzarella cheese, and return to the oven. Continue cooking for about 15 minutes, until the cheese is melted and lightly browned and the chicken is no longer pink and juices run clear.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:14.568261053251%

Nutrients (% of daily need)

Calories: 399.73kcal (19.99%), Fat: 25.57g (39.33%), Saturated Fat: 7.72g (48.27%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 7.93g (2.88%), Sugar: 6.73g (7.48%), Cholesterol: 108.87mg (36.29%), Sodium: 904.81mg (39.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.77g (65.55%), Vitamin B3: 9.46mg (47.29%), Selenium: 25.33µg (36.18%), Vitamin K: 36.6µg (34.86%), Phosphorus: 337.15mg (33.72%), Vitamin B6: 0.54mg (26.95%), Vitamin B12: 1.27µg (21.18%), Calcium: 209.79mg (20.98%), Zinc: 2.88mg (19.18%), Vitamin B2: 0.27mg (15.69%), Vitamin B5: 1.25mg (12.52%), Vitamin E: 1.79mg (11.92%), Magnesium: 38.75mg (9.69%), Potassium: 337.42mg (9.64%), Iron: 1.33mg (7.41%), Vitamin B1: 0.11mg (7.05%), Vitamin A: 332.49IU (6.65%), Copper: 0.08mg (3.77%), Vitamin C: 2.84mg (3.45%), Folate: 10.55µg (2.64%), Manganese: 0.05mg (2.55%), Vitamin D: 0.26µg (1.75%)