

Italian Dressing Caramelized Chicken

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-low-fat-italian-dressing>

Ingredients:

- 2 1/2 pounds chicken breast
- 11/16 ounce italian dressing mix dried
- 1/2 cup brown sugar packed

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 180 milligrams
4. Fat: 9 grams
5. Protein: 60 grams
6. SaturatedFat: 3 grams
7. Sodium: 330 milligrams
8. Sugar: 18 grams

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