

# Ranch Chicken

Yield: 4 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/ranch-chicken-recipes>

## Ingredients:

- 4 skinless boneless chicken breasts defrosted
- 4 tablespoons ranch dressing
- 1 teaspoon garlic powder
- pepper
- salt

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 80 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 25 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 460 milligrams

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