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## Spicy Ranch Chicken ♦♦

This recipe combines the flavors of spicy hot sauce and creamy ranch dressing to create a delicious and flavorful chicken dish. The chicken breasts are marinated in a mixture of hot sauce, salt, and ranch dressing, then cooked until tender and juicy. Serve with a side of ranch dressing for dipping.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>500 g</b>	Chicken Breasts
<b>4 tsp</b>	hot sauce
<b>1 tsp</b>	salt
<b>0.5 c</b>	ranch
<b>0.25 c</b>	milk

# Directions

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## Step 1

### Mixing

In a bowl, mix together hot sauce, salt, ranch dressing, and milk.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

### Refrigerating

Place chicken breasts in a zip-top bag and pour the marinade over them. Seal the bag and refrigerate for at least 1 hour.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

### Preheating

Preheat grill to medium heat. Remove chicken from marinade and discard excess marinade.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

### Grilling

Grill chicken for 6-8 minutes per side, or until cooked through and juices run clear.

**Prep Time:** 0 mins

**Cook Time:** 15 mins

## Step 5

### Resting

Remove chicken from grill and let rest for 5 minutes. Serve with ranch dressing for dipping.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 10 g

**Protein:** 35 g

**Carbohydrates:** 2 g

# Nutrition Facts

## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	35 g	205.88%	205.88%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	100 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	0 mg	0%	0%
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Kitchen Tools

Slow Cooker

Blender

Microwave

Air Fryer

## Nutritional Content

Low Calorie

## Cuisines

Italian

## Diet

Anti-Inflammatory Diet

## Meal Type

Dinner

Main Course

## Food Type

Fruits

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