



Great Chicken Marinade



Gluten Free



Dairy Free



Low Fod Map

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READY IN

ready

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495 min.

SERVINGS

servings

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6

CALORIES

calories

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247 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 0.7 ounce dressing mix italian-style
- ☐ 6 chicken breast halves boneless skinless

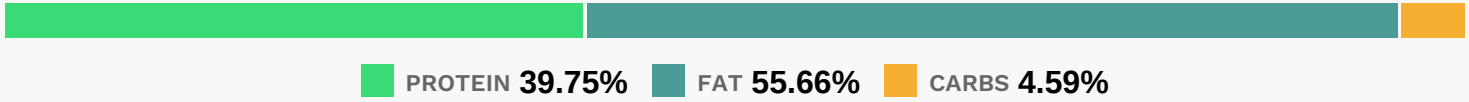
Equipment

- ☐ mixing bowl
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Place the chicken breasts between sheets of waxed paper and pound until thin.
- ☐ Remove breasts and place into a large resealable plastic bag.
- ☐ In a medium mixing bowl, combine the oil, lemon juice, and Italian-style seasoning.
- ☐ Pour mixture into the plastic bag containing the chicken.
- ☐ Seal the plastic bag and shake gently to ensure that all the chicken is in contact with the marinade. Refrigerate marinated chicken pieces overnight or up to two days.
- ☐ When ready to cook, preheat grill and lightly oil grate.
- ☐ Place chicken breasts on the grill and cook for about 5 to 7 minutes per side.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:11.777826271627%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 247.08kcal (12.35%), Fat: 14.96g (23.01%), Saturated Fat: 2.3g (14.39%), Carbohydrates: 2.77g (0.92%), Net Carbohydrates: 2.73g (0.99%), Sugar: 0.34g (0.38%), Cholesterol: 72.32mg (24.11%), Sodium: 379.51mg (16.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.04g (48.07%), Vitamin B3: 11.8mg (58.99%), Selenium: 36.17µg (51.68%), Vitamin B6: 0.85mg (42.63%), Phosphorus: 238.38mg (23.84%), Vitamin B5: 1.63mg (16.28%), Vitamin E: 1.96mg (13.09%), Potassium: 432.18mg (12.35%), Vitamin C: 6.6mg (8%), Magnesium: 30.19mg (7.55%), Vitamin K: 7.45µg (7.1%), Vitamin B2: 0.12mg (6.77%), Vitamin B1: 0.08mg (5.04%), Zinc: 0.66mg (4.41%), Vitamin B12: 0.23µg (3.77%), Iron: 0.5mg (2.76%), Folate: 7.23µg (1.81%), Copper: 0.03mg (1.63%)