



Italian Chicken Marinade



Gluten Free



Dairy Free

READY IN



270 min.

SERVINGS



4

CALORIES



403 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 teaspoon garlic powder
- ☐ 16 ounce salad dressing italian-style
- ☐ 1 teaspoon salt
- ☐ 4 chicken breast halves boneless skinless

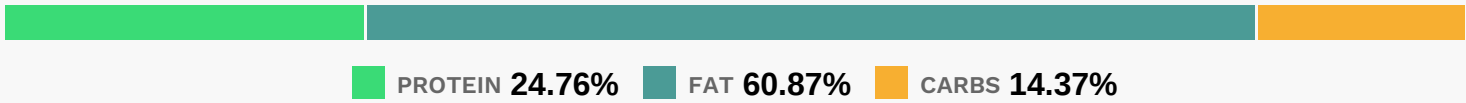
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ grill

Directions

- ☐ In a shallow baking dish, mix the salad dressing, garlic powder, and salt.
- ☐ Place the chicken in the bowl, and turn to coat. Marinate in the refrigerator at least 4 hours. (For best results, marinate overnight.)
- ☐ Preheat the grill for high heat.
- ☐ Lightly oil grate. Discard marinade, and grill chicken 8 minutes on each side, or until juices run clear.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:15.049565275078%

Nutrients (% of daily need)

Calories: 403.46kcal (20.17%), Fat: 26.86g (41.32%), Saturated Fat: 3.99g (24.92%), Carbohydrates: 14.27g (4.76%), Net Carbohydrates: 14.2g (5.16%), Sugar: 12.27g (13.63%), Cholesterol: 72.32mg (24.11%), Sodium: 1838.94mg (79.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.58g (49.16%), Vitamin K: 63.73µg (60.7%), Vitamin B3: 11.94mg (59.7%), Selenium: 38.61µg (55.16%), Vitamin B6: 0.93mg (46.57%), Phosphorus: 257.41mg (25.74%), Vitamin E: 2.7mg (18.02%), Vitamin B5: 1.62mg (16.16%), Potassium: 522.42mg (14.93%), Magnesium: 35.64mg (8.91%), Vitamin B2: 0.11mg (6.71%), Vitamin B1: 0.1mg (6.55%), Zinc: 0.76mg (5.06%), Iron: 0.76mg (4.22%), Vitamin B12: 0.23µg (3.77%), Manganese: 0.06mg (3.05%), Copper: 0.06mg (2.83%), Vitamin C: 1.82mg (2.2%), Calcium: 21.34mg (2.13%), Vitamin A: 74.72IU (1.49%), Folate: 4.87µg (1.22%)