

**8%**  
HEALTH SCORE

## 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

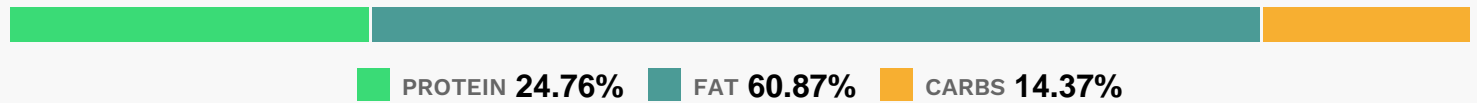
### Equipment

- 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: 0g (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%)