

Italian Dressing Chicken Breast

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/marinate-chicken-in-italian-dressing-recipe>

Ingredients:

- 4 skin on boneless chicken breasts or airline chicken breasts, or skinless breasts
- 1 cup Italian dressing
- 3 cups mushrooms halved
- 3 tablespoons olive oil
- 1 medium onion cut in half and thinly sliced
- salt to taste
- 1/4 teaspoon ground black pepper
- 2 tablespoons balsamic vinegar

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 12 grams
3. Fat: 26 grams
4. Fiber: 1 grams
5. Protein: 2 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 1160 milligrams
8. Sugar: 8 grams

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