

# Greek Yogurt Chicken Marinade

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/greek-yogurt-marinade-recipe>

## Ingredients:

- 1 pound boneless, skinless chicken breasts
- 1 1/2 cups Greek yogurt
- 1/4 cup freshly squeezed lemon juice
- 1 1/2 tablespoons lemon zest
- 1 tablespoon garlic minced or pressed
- 1 teaspoon oregano
- 1/2 teaspoon thyme
- salt
- pepper

## Nutrition:

1. Calories: 200 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 85 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 27 grams
7. SaturatedFat: 3 grams
8. Sodium: 370 milligrams
9. Sugar: 5 grams

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