

# Greek Chicken Marinade

Yield: 4 min  
Total Time: 5 min

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

## Ingredients:

- 1 cup plain Greek yogurt
- 1 lemon zest and juice
- 1 tablespoon oregano
- 1 tablespoon kosher salt
- 2 pounds chicken breast, thighs, or legs

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 155 milligrams
4. Fat: 9 grams
5. Protein: 47 grams
6. SaturatedFat: 3.5 grams
7. Sodium: 1990 milligrams
8. Sugar: 3 grams

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