

Lemon Garlic Greek Yogurt Marinated Chicken

Yield: 4 min
Total Time: 165 min

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

Ingredients:

- 1 cup Greek yogurt
- 2 tablespoons lemon juice
- 3 cloves garlic minced
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 whole chicken quartered or 1.5 pounds boneless, skinless chicken breasts or thighs

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 255 milligrams
4. Fat: 13 grams
5. Protein: 78 grams
6. SaturatedFat: 5 grams
7. Sodium: 900 milligrams
8. Sugar: 3 grams

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