

Chicken Marinade

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-seasoning-marinade-recipe>

Ingredients:

- 1/3 cup vegetable oil
- 2 tablespoons red wine vinegar
- 2 tablespoons Dijon mustard
- 3 tablespoons Worcestershire sauce
- 1 tablespoon lemon juice
- 1 tablespoon soy sauce
- 1 teaspoon black pepper
- 2 teaspoons Italian seasoning
- 1 teaspoon garlic powder
- 1 tablespoon brown sugar
- 4 boneless skinless chicken breasts

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 125 milligrams
4. Fat: 25 grams
5. Fiber: 1 grams
6. Protein: 43 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 580 milligrams
9. Sugar: 4 grams
10. TransFat: 0.5 grams

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