

# Grilled Chicken Marinade

Yield: 6 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/kraft-tuscan-house-italian-dressing-marinade-recipe>

## Ingredients:

- 1 1/2 pounds boneless, skinless chicken breasts
- 3/4 cup vegetable oil
- 1/4 cup low sodium soy sauce
- 3 tablespoons worcestershire sauce
- 1/4 cup red wine vinegar
- 2 lemons large, separated, you'll use zest and juice
- 1/2 tablespoon black pepper
- 2 teaspoons Italian flat leaf parsley chopped
- 3 tablespoons yellow mustard prepared
- 2 teaspoons minced garlic
- 4 tablespoons honey separated
- 3 tablespoons butter
- 3 tablespoons olive oil

## Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 90 milligrams
4. Fat: 43 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 8 grams
8. Sodium: 630 milligrams
9. Sugar: 13 grams
10. TransFat: 1 grams

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