

Easy Italian Chicken Marinade!

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-grilled-chicken-marinade-with-italian-dressing>

Ingredients:

- 4 boneless skinless chicken breasts
- 8 ounces Italian dressing
- 3 garlic cloves Crushed, {optional}
- 1/2 white onion Sliced, {optional}

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 110 milligrams
4. Fat: 21 grams
5. Protein: 37 grams
6. SaturatedFat: 4 grams
7. Sodium: 1140 milligrams
8. Sugar: 5 grams

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