

Italian Grilled Chicken

Yield: 4 min
Total Time: 145 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-chicken-breast-recipe-grilled>

Ingredients:

- 1/4 cup lemon juice fresh
- 3 tablespoons Worcestershire sauce
- 1/4 cup olive oil
- 3 cloves garlic minced
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 tablespoons fresh oregano minced, or 2 teaspoons dried oregano
- 1/4 cup fresh parsley minced & lightly packed, or 4 teaspoons dried parsley
- 1/4 cup fresh basil minced & lightly packed, or 4 teaspoons dried basil
- 4 chicken breasts boneless, skinless, about 1 pound

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 145 milligrams
4. Fat: 21 grams
5. Fiber: 1 grams
6. Protein: 48 grams
7. SaturatedFat: 4 grams
8. Sodium: 690 milligrams
9. Sugar: 2 grams

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