

# Juicy Italian-Seasoned Chicken Breast (Paleo, Low Carb)

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 4 chicken breasts large
- 2 tablespoons sea salt
- 4 teaspoons olive oil
- 4 teaspoons italian seasoning
- 2 teaspoons garlic powder
- sea salt
- black pepper

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 145 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 48 grams
7. SaturatedFat: 3 grams
8. Sodium: 4000 milligrams

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