

Lemon Garlic Marinated Chicken

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/lemon-chicken-recipe-with-honey-and-italian-seasoning>

Ingredients:

- 1 pound chicken boneless, skinless
- 1 cup olive oil
- 2 teaspoons Italian seasoning dried, or equal parts garlic powder, dried basil and dried oregano
- 2 teaspoons garlic Minced
- 2 tablespoons lemon juice
- 1 teaspoon honey
- 1 tablespoon parsley chopped
- pepper unchecked salt and, to taste

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 75 milligrams
4. Fat: 58 grams
5. Fiber: 1 grams
6. Protein: 23 grams
7. SaturatedFat: 9 grams
8. Sodium: 90 milligrams
9. Sugar: 2 grams

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