

South African Piri-Piri Chicken

Yield: 4 min
Total Time: 210 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-piri-piri-recipe>

Ingredients:

- 2 lemons
- 1 tablespoon white vinegar
- 1/4 cup extra virgin olive oil
- 1/2 yellow onion roughly chopped
- 1 1/2 teaspoons minced garlic
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon cayenne pepper
- 1 tablespoon chili powder
- 1 tablespoon paprika
- 1 teaspoon ground oregano
- 1/2 teaspoon ground ginger
- 2 pounds boneless, skinless chicken breasts

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 145 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams
6. Protein: 49 grams
7. SaturatedFat: 4 grams
8. Sodium: 870 milligrams
9. Sugar: 1 grams

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