

# Best Grilled Chicken Marinade

Yield: 6 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-marinade-for-the-grill-recipes>

## Ingredients:

- Dijon mustard
- lemon juice
- lemon zest
- minced garlic
- red pepper flakes
- salt
- pepper
- 2 pounds chicken we used breasts
- 1/4 cup balsamic vinegar
- 2 tablespoons olive oil
- 2 tablespoons worcestershire
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 1/4 cup lemon juice
- 1 teaspoon lemon zest
- 1 1/2 tablespoons minced garlic
- 1/8 teaspoon red pepper flakes
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 100 milligrams
4. Fat: 10 grams
5. Fiber: 2 grams
6. Protein: 32 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 400 milligrams

9. Sugar: 9 grams

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