

# Italian Grilled Chicken Marinade

Yield: 4 min  
Total Time: 42 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-italian-dandelions-late-season>

## Ingredients:

- 2 pounds boneless skinless chicken breast
- 3/4 cup olive oil
- 1/4 cup red wine vinegar
- 1 tablespoon seasoning Tastefully Simple® Italian Garlic
- 1 tablespoon lemon juice
- 3/4 teaspoon salt
- 1/2 teaspoon crushed red pepper flakes
- 1/2 teaspoon black pepper

## Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 145 milligrams
4. Fat: 47 grams
5. Protein: 48 grams
6. SaturatedFat: 8 grams
7. Sodium: 710 milligrams

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