

# Italian Marinated Chicken

Yield: 4 min  
Total Time: 80 min

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

## Ingredients:

- 6 chicken breasts trimmed
- Italian dressing Easy Homemade
- 3/4 cup olive oil
- 1/4 cup white wine vinegar or red
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon onion powder
- 1/2 teaspoon crushed red pepper
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon lemon juice

## Nutrition:

1. Calories: 780 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 220 milligrams
4. Fat: 53 grams
5. Protein: 72 grams
6. SaturatedFat: 9 grams
7. Sodium: 960 milligrams
8. Sugar: 1 grams

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