

# Grilled Chicken Seasoning

Yield: 6 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-grilled-chicken-seasoning-recipe>

## Ingredients:

- 1 tablespoon dried thyme
- 1 tablespoon dried oregano
- 1 tablespoon ground cumin
- 1 tablespoon paprika
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3 pounds chicken boneless, skinless, I like to use thighs

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 145 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 46 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 370 milligrams

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