

Grilled Chicken Breast

Yield: 4 min
Total Time: 35 min

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

Ingredients:

- 2 pounds boneless, skinless chicken breasts
- 2 tablespoons brown sugar
- 1/2 tablespoon paprika
- 1 teaspoon Italian seasoning store-bought or homemade
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 2 tablespoons olive oil
- lemon wedges unchecked?, for serving
- 2 pounds boneless, skinless chicken breasts
- brown sugar
- paprika
- italian seasoning
- garlic powder
- onion powder
- salt
- pepper
- 2 tablespoons brown sugar
- 1/2 tablespoon paprika
- 1 teaspoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- seasoning
- olive oil
- rub
- 2 tablespoons olive oil

Nutrition:

1. Calories: 780 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 290 milligrams
4. Fat: 33 grams
5. Fiber: 5 grams
6. Protein: 97 grams
7. SaturatedFat: 7 grams
8. Sodium: 1930 milligrams
9. Sugar: 14 grams

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