

# Grilled Lemon Chicken

Yield: 8 min  
Total Time: 30 min

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

## Ingredients:

- 3 pounds skinless chicken breasts boneless
- 1/3 cup olive oil
- 2 lemons
- 1/3 cup fresh lemon juice zest the lemons before juicing
- 4 cloves garlic minced
- 1/4 cup fresh parsley chopped
- salt
- ground pepper
- 1 whole lemon cut into slices

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 6 grams
3. Cholesterol: 110 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 36 grams
7. SaturatedFat: 3 grams
8. Sodium: 300 milligrams

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