

Chicken with Lemon-Herb Marinade

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2 1/2 pounds chicken parts
salt
pepper
1/2 cup butter
1/2 cup lemon juice
1 tablespoon paprika
1 tablespoon dried oregano
1 tablespoon garlic salt
1 tablespoon chopped cilantro
1 teaspoon ground cumin

Sprinkle the chicken with salt and pepper.

In a small bowl, whisk together the butter, lemon juice, paprika, oregano, garlic salt, cilantro and cumin. Reserve half of the mixture for basting. Cover and refrigerate.

Place the chicken pieces in a shallow dish or gallon-size zip-top plastic bag. Pour the remaining marinade over the chicken. Marinate for eight hours in the refrigerator.

Remove the chicken from the refrigerator. Discard the marinade.

Grill, basting often with the reserved marinade and turning once.

Per Serving (excluding unknown items): 897 Calories; 94g Fat (89.6% calories from fat); 3g Protein; 21g Carbohydrate; 7g Dietary Fiber; 248mg Cholesterol; 7095mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 18 1/2 Fat; 0 Other Carbohydrates.

Grilled, Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	897	Vitamin B6 (mg):	.3mg
% Calories from Fat:	89.6%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	9.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	1.4%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	94g	Folacin (mcg):	39mcg
Saturated Fat (g):	58g	Niacin (mg):	2mg
Monounsaturated Fat (g):	27g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 4g
Cholesterol (mg): 248mg
Carbohydrate (g): 21g
Dietary Fiber (g): 7g
Protein (g): 3g
Sodium (mg): 7095mg
Potassium (mg): 459mg
Calcium (mg): 138mg
Iron (mg): 5mg
Zinc (mg): 1mg
Vitamin C (mg): 64mg
Vitamin A (i.u.): 8075IU
Vitamin A (r.e.): 1318RE

Alcohol (kcal): 0
% Refuse: 00%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 0
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 18 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 897 **Calories from Fat:** 803

% Daily Values*

Total Fat 94g	144%
Saturated Fat 58g	288%
Cholesterol 248mg	83%
Sodium 7095mg	296%
Total Carbohydrates 21g	7%
Dietary Fiber 7g	29%
Protein 3g	
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Vitamin A	161%
Vitamin C	106%
Calcium	14%
Iron	29%

* Percent Daily Values are based on a 2000 calorie diet.