

# Lemon-Herb Chicken Marinade

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## Yield: 2/3 cup

1/3 cup lemon juice  
2 tablespoons Dijon mustard  
2 tablespoons olive oil  
3 cloves garlic, minced  
1 tablespoon fresh oregano, chopped  
1/2 teaspoon salt  
1/4 teaspoon ground black pepper

In a small bowl, whisk together all of the ingredients until smooth.

Transfer the dressing to a jar with a tight-fitting lid.

Refrigerate until ready to use.

Start to Finish Time: 5 minutes

Per Serving (excluding unknown items): 298 Calories; 28g Fat (81.2% calories from fat); 2g Protein; 12g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1444mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 5 1/2 Fat; 0 Other Carbohydrates.

## Sauces and Condiments

### Per Serving Nutritional Analysis

Calories (kcal):	298
% Calories from Fat:	81.2%
% Calories from Carbohydrates:	15.8%
% Calories from Protein:	3.0%
Total Fat (g):	28g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	21g
Polyunsaturated Fat (g):	3g
Cholesterol (mg):	0mg
Carbohydrate (g):	12g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	1444mg
Potassium (mg):	190mg
Calcium (mg):	65mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	13mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

### Food Exchanges

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

Iron (mg): 1mg  
 Zinc (mg): 1mg  
 Vitamin C (mg): 41mg  
 Vitamin A (i.u.): 53IU  
 Vitamin A (r.e.): 5 1/2RE

Fat: 5 1/2  
 Other Carbohydrates: 0

## Nutrition Facts

### Amount Per Serving

**Calories** 298 Calories from Fat: 242

### % Daily Values\*

<b>Total Fat</b>	28g	44%
Saturated Fat	4g	19%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1444mg	60%
<b>Total Carbohydrates</b>	12g	4%
Dietary Fiber	2g	7%
<b>Protein</b>	2g	
<b>Vitamin A</b>		1%
<b>Vitamin C</b>		69%
<b>Calcium</b>		6%
<b>Iron</b>		6%

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