

The Best Chicken Marinade Recipe



The best chicken marinade for juicy flavorful grilled chicken.

Course	Dinner
Cuisine	American
Keyword	Grilled Chicken

Prep Time	30 minutes
Cook Time	10 minutes
Total Time	40 minutes

Servings	6
Calories	224 kcal
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Ingredients

- 2 lbs. Chicken Breasts Tenders, or Thighs
- 1/3 - 1/2 cup Extra Virgin Olive Oil depending on preference
- 3 Tablespoons Fresh Lemon Juice
- 3 Tablespoons Soy Sauce
- 2 Tablespoons Balsamic Vinegar
- 1/4 cup Brown Sugar
- 1 Tablespoon Worcestershire Sauce
- 3 Garlic Cloves minced or 1/2 teaspoon Garlic Powder
- 1 1/2 teaspoon Salt
- 1 teaspoon Pepper
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- Garnish:
- Fresh Parsley

Instructions

- In a bowl, stir together oil, lemon juice, soy sauce, balsamic vinegar, brown sugar, Worcestershire sauce, garlic, salt, and pepper.
- Pierce chicken breasts with a fork all over. Place in a large Ziploc bag. Pour marinade over chicken.
- Let marinate for at least 30 minutes. 4 - 5 hours is ideal.
- Preheat grill to medium heat. Brush grill with oil to prevent sticking.
- Place chicken on the grill. Cook for approximately 5 - 6 minutes per side, depending on the thickness of chicken. The internal temperature of the chicken should reach 165 degrees.
- Remove chicken from grill and let rest for 5 minutes.

Nutrition Facts

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Amount Per Serving	
Calories 224	Calories from Fat 27
% Daily Value*	
Fat 3g	5%
Cholesterol 96mg	32%
Sodium 1291mg	56%
Potassium 633mg	18%
Carbohydrates 12g	4%
Sugar 10g	11%
Protein 33g	66%
Vitamin A 45IU	1%
Vitamin C 5.5mg	7%
Calcium 23mg	2%
Iron 1.1mg	6%

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