

# Lemon-Herb Marinade For Chicken

*Texas BBQ by the Editors of Southern Living Magazine*  
*www.CommunityTable.com*

*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*

In a small bowl, whisk together the butter, lemon juice, paprika, oregano, garlic salt, cilantro and cumin. Cover and refrigerate.

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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
% Calories from Fat:	89.6%
% Calories from Carbohydrates:	9.0%
% Calories from Protein:	1.4%
Total Fat (g):	94g
Saturated Fat (g):	58g
Monounsaturated Fat (g):	27g
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 B6 (mg):	.3mg
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	39mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.00%

## 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

Vitamin C (mg): 64mg  
Vitamin A (i.u.): 8075IU  
Vitamin A (r.e.): 1318RE

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## Nutrition Facts

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### Amount Per Serving

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<b>Calories</b>	897	Calories from Fat: 803
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### % Daily Values\*

<b>Total Fat</b>	94g	144%
Saturated Fat	58g	288%
<b>Cholesterol</b>	248mg	83%
<b>Sodium</b>	7095mg	296%
<b>Total Carbohydrates</b>	21g	7%
Dietary Fiber	7g	29%
<b>Protein</b>	3g	

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<b>Vitamin A</b>	161%
<b>Vitamin C</b>	106%
<b>Calcium</b>	14%
<b>Iron</b>	29%

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