

# Nixon Chicken

**Servings: 8**

## Ingredients

- 2 Chickens, cut up into parts
- ½ c. white vinegar
- ¼ c. balsamic vinegar
- ¾ c. cider vinegar
- 1/3 c. oil (canola or olive)
- 1 head garlic, chopped
- ¼ c. dry oregano

## Directions:

1. Marinate chicken in refrigerator overnight
2. Chicken can be grilled for 60 to 90 minutes, or baked at 400 for 1 hour

## Nutrition:

**breast**, skinless; 4 oz.

<i>Calories: 175</i>	<i>Protein: 33g</i>	<i>total carbohydrate: 0g</i>	<i>total fat: 4.5g</i>
<i>sugars: 0g</i>	<i>saturated fat: 1g</i>	<i>sodium: 617mg</i>	<i>dietary fiber: 0g</i>

**leg**, 1.75 oz.

<i>Calories: 86</i>	<i>Protein: 14g</i>	<i>total carbohydrate: 0g</i>	<i>total fat: 3g</i>
<i>sugars: 0g</i>	<i>saturated fat: 0g</i>	<i>sodium: 206mg</i>	<i>dietary fiber: 0g</i>

**thigh**, 2 oz.

<i>Calories: 120</i>	<i>Protein: 14g</i>	<i>total carbohydrate: 0g</i>	<i>total fat: 7g</i>
<i>sugars: 0g</i>	<i>saturated fat: 2g</i>	<i>sodium: 225mg</i>	<i>dietary fiber: 0g</i>

**wing**, 1.5 oz.

<i>Calories: 83</i>	<i>Protein: 13g</i>	<i>total carbohydrate: 0g</i>	<i>total fat: 3g</i>
<i>sugars: 0g</i>	<i>saturated fat: 1g</i>	<i>sodium: 334mg</i>	<i>dietary fiber: 0g</i>