



Amazing Marinade

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



4

CALORIES



138 kcal

SEASONING

MARINADE

Ingredients

- 0.5 teaspoon celery salt
- 0.3 teaspoon optional: dill dried
- 0.3 teaspoon rosemary dried
- 0.3 teaspoon sage dried
- 1.5 teaspoons garlic powder
- 0.3 teaspoon ground paprika
- 0.3 teaspoon ground pepper black
- 1 tablespoon juice of lemon

- 0.3 cup olive oil
- 0.3 teaspoon onion powder
- 2 tablespoons red wine vinegar
- 1 teaspoon salt
- 3 tablespoons soya sauce
- 1 tablespoon worcestershire sauce

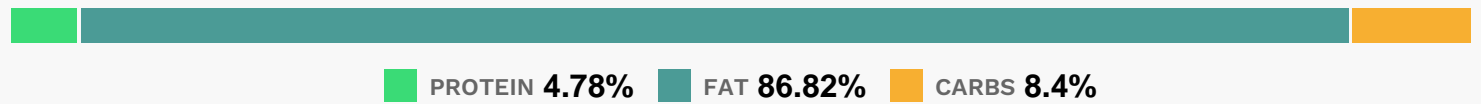
Equipment

- bowl
- whisk

Directions

- Whisk olive oil, soy sauce, red wine vinegar, lemon juice, Worcestershire sauce, garlic powder, salt, celery salt, pepper, onion powder, paprika, dill, sage, and rosemary together in a bowl until the mixture emulsifies and the salt is dissolved.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:2.5599999997927%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 137.98kcal (6.9%), Fat: 13.56g (20.86%), Saturated Fat: 1.87g (11.72%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 2.63g (0.95%), Sugar: 0.8g (0.89%), Cholesterol: 0mg (0%), Sodium: 1683.33mg (73.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Vitamin E: 2mg (13.33%), Vitamin K: 8.59µg (8.18%), Manganese: 0.11mg (5.34%), Iron: 0.81mg (4.49%), Vitamin B3: 0.59mg (2.96%), Phosphorus: 27mg (2.7%), Vitamin

B6: 0.05mg (2.63%), Potassium: 91.08mg (2.6%), Vitamin C: 2.12mg (2.57%), Magnesium: 8.27mg (2.07%), Copper: 0.04mg (1.92%), Vitamin B2: 0.03mg (1.78%), Vitamin A: 70.05IU (1.4%), Fiber: 0.33g (1.31%), Vitamin B1: 0.02mg (1.21%), Calcium: 12.1mg (1.21%), Folate: 4.25µg (1.06%)