



Anchovy and Herb Marinade



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



197 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 teaspoon anchovy minced
- ☐ 1 tablespoon capers chopped
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 3 tablespoons olive oil extra-virgin

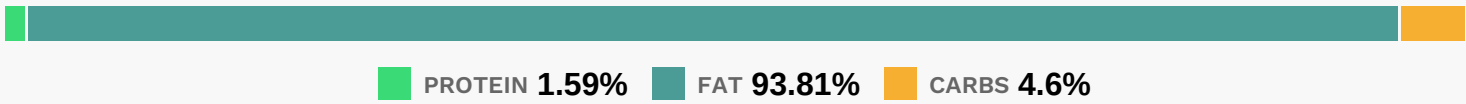
Equipment

- ☐ whisk
- ☐ baking pan

Directions

- ☐ Whisk all ingredients together. Put beef in a nonreactive baking dish and pour marinade over, turning to coat.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.15, Inflammation Score:-8, Nutrition Score:9.4852174925415%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg, Apigenin: 32.34mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 5.48mg, Kaempferol: 5.48mg, Kaempferol: 5.48mg, Kaempferol: 5.48mg Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg, Myricetin: 2.23mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

Nutrients (% of daily need)

Calories: 197.04kcal (9.85%), Fat: 21.24g (32.68%), Saturated Fat: 2.95g (18.41%), Carbohydrates: 2.34g (0.78%), Net Carbohydrates: 1.57g (0.57%), Sugar: 0.56g (0.63%), Cholesterol: 0.6mg (0.2%), Sodium: 702.2mg (30.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Vitamin K: 259.63µg (247.26%), Vitamin C: 27.22mg (32.99%), Vitamin A: 1271.02IU (25.42%), Vitamin E: 3.2mg (21.35%), Folate: 26.94µg (6.73%), Iron: 1.17mg (6.51%), Fiber: 0.77g (3.1%), Potassium: 105.91mg (3.03%), Calcium: 26.58mg (2.66%), Magnesium: 10.3mg (2.57%), Copper: 0.04mg (2.16%), Vitamin B3: 0.38mg (1.9%), Manganese: 0.03mg (1.56%), Vitamin B2: 0.03mg (1.52%), Zinc: 0.2mg (1.35%), Phosphorus: 12.16mg (1.22%), Vitamin B1: 0.02mg (1.22%), Vitamin B6: 0.02mg (1.22%)