



Basic Marinade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



51 kcal

SEASONING

MARINADE

Ingredients

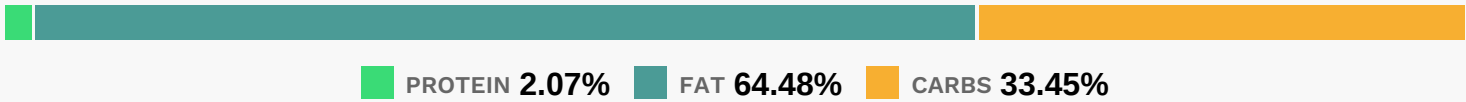
- ☐ 3 garlic clove minced
- ☐ 0.5 cup olive oil
- ☐ 1 small onion diced
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 2 tablespoons worcestershire sauce

Equipment

Directions

- ☐ Stir together onion and remaining ingredients.
- ☐ * Fresh lemon juice may be substituted for white wine vinegar.

Nutrition Facts



Properties

Glycemic Index:26.52, Glycemic Load:1.35, Inflammation Score:-1, Nutrition Score:1.2739130297433%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 50.95kcal (2.55%), Fat: 3.63g (5.59%), Saturated Fat: 0.51g (3.17%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 3.93g (1.43%), Sugar: 2.41g (2.68%), Cholesterol: 0mg (0%), Sodium: 462.92mg (20.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.26g (0.52%), Manganese: 0.09mg (4.41%), Vitamin E: 0.53mg (3.53%), Vitamin K: 2.84µg (2.71%), Vitamin C: 2.12mg (2.57%), Iron: 0.45mg (2.51%), Potassium: 76.84mg (2.2%), Vitamin B6: 0.03mg (1.68%), Calcium: 13.83mg (1.38%), Copper: 0.03mg (1.31%), Fiber: 0.31g (1.26%), Phosphorus: 10.4mg (1.04%)