



## Beef Marinade I

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



5 min.

SERVINGS



10

CALORIES



90 kcal

SEASONING

MARINADE

## Ingredients

- 1.5 tablespoons parsley fresh chopped
- 2 tablespoons ground cloves
- 2 tablespoons ground mustard dry
- 1 tablespoon ground pepper black
- 0.3 cup juice of lemon
- 2.3 teaspoons salt
- 0.8 cup soya sauce
- 1.5 cups vegetable oil

0.5 cup citrus champagne vinegar

0.3 cup worcestershire sauce

## Equipment

bowl

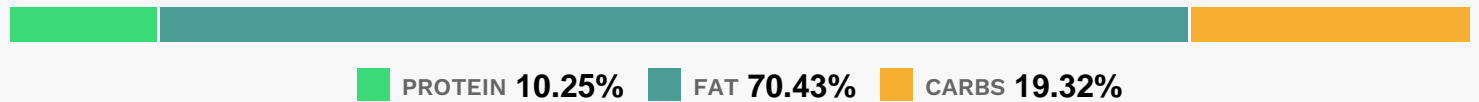
## Directions

In a quart jar, combine oil, soy sauce, vinegar, lemon juice and Worcestershire sauce. Season with mustard, salt, pepper, parsley and ground cloves. Shake well until it is mixed.

Put meat in a large bowl.

Pour marinade over meat and let stand covered 3 days in refrigerator, basting every day.

## Nutrition Facts



## Properties

Glycemic Index:7.9, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:5.7395652999049%

## Flavonoids

Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg, Hesperetin: 1.18mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 89.73kcal (4.49%), Fat: 7.26g (11.18%), Saturated Fat: 1.09g (6.79%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 3.57g (1.3%), Sugar: 1.32g (1.47%), Cholesterol: 0mg (0%), Sodium: 1589.57mg (69.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Manganese: 0.93mg (46.4%), Vitamin K: 24.7µg (23.52%), Iron: 1.21mg (6.73%), Vitamin C: 5mg (6.06%), Vitamin E: 0.74mg (4.93%), Magnesium: 18.45mg (4.61%), Selenium: 3.21µg (4.59%), Phosphorus: 42.49mg (4.25%), Vitamin B3: 0.84mg (4.21%), Potassium: 138.9mg (3.97%), Fiber: 0.91g (3.65%), Copper: 0.06mg (3.12%), Calcium: 27.16mg (2.72%), Vitamin B2: 0.04mg (2.62%), Vitamin B6: 0.05mg (2.55%), Folate: 8.89µg (2.22%), Vitamin B1: 0.03mg (2.09%), Zinc: 0.22mg (1.49%), Vitamin A: 62.1IU (1.24%), Vitamin B5: 0.1mg (1.04%)