



Browned Garlic-and-Burgundy Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



17 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 teaspoon tarragon dried
- ☐ 0.8 cup cooking wine dry red
- ☐ 3 garlic cloves thinly sliced
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 2 teaspoons olive oil

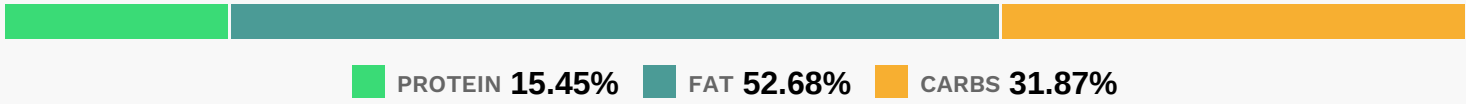
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a small nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add garlic; saut 5 minutes or until brown.
- ☐ Remove from heat; stir in wine, soy sauce, and tarragon.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:0.36869565494682%

Flavonoids

Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 2.95mg, Malvidin: 2.95mg, Malvidin: 2.95mg, Malvidin: 2.95mg Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg, Peonidin: 0.21mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 16.67kcal (0.83%), Fat: 0.52g (0.8%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 0.71g (0.24%), Net Carbohydrates: 0.67g (0.24%), Sugar: 0.02g (0.02%), Cholesterol: 0mg (0%), Sodium: 108.18mg (4.7%), Alcohol: 1.18g (100%), Alcohol %: 9.7% (100%), Protein: 0.34g (0.69%), Manganese: 0.03mg (1.6%)