



Do-It-All Marinade



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



102 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 cup balsamic vinegar
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 3 cloves garlic finely chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 0.8 cup olive oil
- ☐ 1 teaspoon pepper
- ☐ 0.5 cup soya sauce

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0.3 cup worcestershire sauce

Equipment

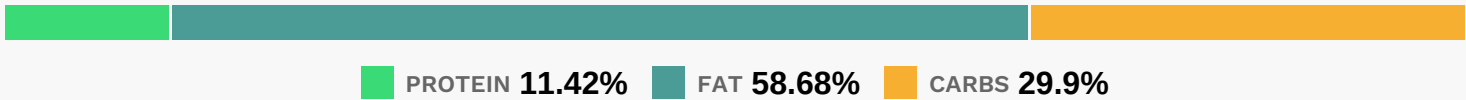
☐

whisk

Directions

- ☐ Whisk all ingredients together.
- ☐ Pour marinade over chicken, steak or pork; cover and chill meat for at least 5 hours.
- ☐ Remove meat from marinade, discarding marinade. Pat meat dry and cook as desired.

Nutrition Facts



Properties

Glycemic Index:38.2, Glycemic Load:1.5, Inflammation Score:-2, Nutrition Score:4.4643478393555%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 1.75mg, Apigenin: 1.75mg, Apigenin: 1.75mg, Apigenin: 1.75mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 101.96kcal (5.1%), Fat: 6.75g (10.38%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 7.74g (2.58%), Net Carbohydrates: 7.11g (2.59%), Sugar: 3.94g (4.38%), Cholesterol: 0mg (0%), Sodium: 1544.66mg (67.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.91%), Vitamin K: 17.93µg (17.08%), Manganese: 0.24mg (12.03%), Iron: 1.63mg (9.05%), Vitamin C: 5.76mg (6.98%), Vitamin E: 0.99mg (6.57%), Potassium: 205.67mg (5.88%), Vitamin B3: 1.08mg (5.4%), Phosphorus: 51.64mg (5.16%), Magnesium: 17.37mg (4.34%), Copper: 0.08mg (3.97%), Vitamin B6: 0.08mg (3.88%), Selenium: 2.58µg (3.68%), Vitamin B2: 0.06mg (3.62%), Calcium: 33.13mg (3.31%), Vitamin B1: 0.04mg (2.72%), Fiber: 0.63g (2.51%), Folate: 8.23µg (2.06%), Vitamin A: 85.22IU (1.7%), Zinc: 0.21mg (1.41%), Vitamin B5: 0.13mg (1.33%)