



End-of-Summer Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



34 kcal

SEASONING

MARINADE

Ingredients

- 0.3 cup barbecue sauce
- 3 cloves garlic crushed
- 2 tablespoons citrus champagne vinegar
- 3 rosemary sprigs fresh coarsely chopped
- 4 thyme sprigs fresh coarsely chopped
- 0.8 cup white wine

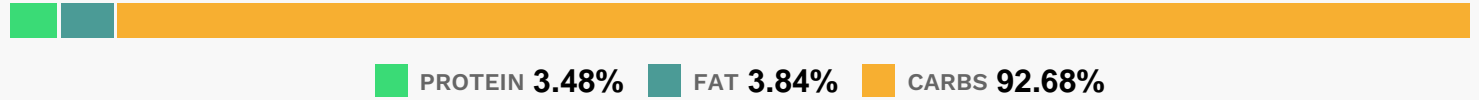
Equipment

- bowl

Directions

In a bowl, combine the barbecue sauce, wine, vinegar, garlic, thyme, and rosemary. TO use, add steaks, pork chops, or chicken to the marinade, cover, and refrigerate for up to 8 hours.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.17, Inflammation Score:-4, Nutrition Score:0.74043478719566%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 33.87kcal (1.69%), Fat: 0.09g (0.14%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 4.62g (1.68%), Sugar: 3.35g (3.72%), Cholesterol: 0mg (0%), Sodium: 99.6mg (4.33%), Alcohol: 1.85g (100%), Alcohol %: 7.31% (100%), Protein: 0.18g (0.36%), Manganese: 0.06mg (2.96%), Vitamin B6: 0.03mg (1.49%), Vitamin C: 1.06mg (1.28%), Iron: 0.23mg (1.27%), Potassium: 44.12mg (1.26%), Magnesium: 4.3mg (1.07%)