



Fat Free Balsamic Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



30 kcal

SEASONING

MARINADE

Ingredients

- 0.3 cup balsamic vinegar
- 0.3 teaspoon thyme leaves dried
- 1 tablespoon garlic powder
- 0.3 teaspoon ground pepper black
- 1 tablespoon onion powder
- 0.5 teaspoon salt
- 0.3 cup water
- 0.3 cup vinegar white

Equipment

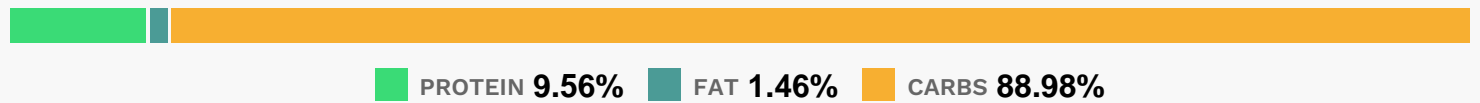
bowl

whisk

Directions

Whisk balsamic vinegar, white vinegar, water, garlic powder, onion powder, salt, thyme, and pepper together in a bowl.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:1.44, Inflammation Score:-1, Nutrition Score:1.1321738969697%

Nutrients (% of daily need)

Calories: 29.97kcal (1.5%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 5.68g (1.89%), Net Carbohydrates: 5.18g (1.88%), Sugar: 2.56g (2.84%), Cholesterol: 0mg (0%), Sodium: 297.95mg (12.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Manganese: 0.09mg (4.68%), Vitamin B6: 0.05mg (2.32%), Iron: 0.39mg (2.18%), Fiber: 0.5g (2%), Phosphorus: 17.9mg (1.79%), Potassium: 61.5mg (1.76%), Calcium: 15.92mg (1.59%), Copper: 0.03mg (1.54%), Magnesium: 6.1mg (1.52%), Vitamin K: 1.36µg (1.29%), Selenium: 0.82µg (1.17%), Vitamin B1: 0.02mg (1.14%), Zinc: 0.15mg (1.02%)