



Fresh Herb Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



52 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 1.5 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon rosemary fresh chopped
- ☐ 0.5 teaspoon kosher salt
- ☐ 10 servings pepper freshly ground to taste
- ☐ 0.3 cup vegetable oil

Equipment

- ☐ bowl

Directions

☐ Stir together first 5 ingredients in a small bowl. Season with pepper to taste.

Nutrition Facts



PROTEIN 0.26% **FAT 94.71%** **CARBS 5.03%**

Properties

Glycemic Index:11.4, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:0.68260870226051%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 51.52kcal (2.58%), Fat: 5.47g (8.41%), Saturated Fat: 0.84g (5.24%), Carbohydrates: 0.65g (0.22%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.48g (0.53%), Cholesterol: 0mg (0%), Sodium: 117.11mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.07%), Vitamin K: 10.37µg (9.88%), Vitamin E: 0.45mg (2.99%)