



Greek Wet Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



86 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 tablespoons rosemary leaves fresh chopped
- ☐ 4 garlic clove minced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons lemon zest grated
- ☐ 3 tablespoons olive oil
- ☐ 0.3 cup oregano fresh
- ☐ 2 teaspoons salt

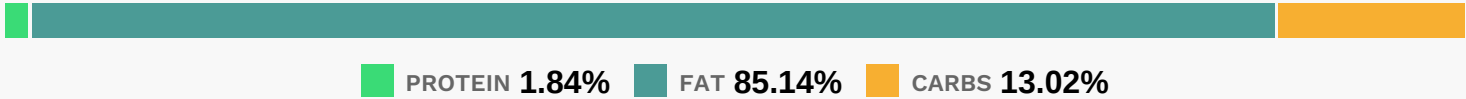
Equipment

☐ food processor

Directions

☐ Place oregano and remaining ingredients in a mini food processor; process until finely chopped.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.25, Inflammation Score:-9, Nutrition Score:3.222173926623%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 86.28kcal (4.31%), Fat: 8.57g (13.19%), Saturated Fat: 1.22g (7.64%), Carbohydrates: 2.95g (0.98%), Net Carbohydrates: 1.67g (0.61%), Sugar: 0.23g (0.26%), Cholesterol: 0mg (0%), Sodium: 931.65mg (40.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.42g (0.84%), Vitamin K: 20.02µg (19.07%), Vitamin E: 1.66mg (11.04%), Manganese: 0.17mg (8.52%), Iron: 1.04mg (5.78%), Fiber: 1.28g (5.11%), Calcium: 47.12mg (4.71%), Vitamin C: 3.17mg (3.84%), Vitamin B6: 0.06mg (3.01%), Magnesium: 8.13mg (2.03%), Folate: 7.34µg (1.83%), Potassium: 49.85mg (1.42%), Copper: 0.03mg (1.34%), Vitamin A: 65.01IU (1.3%), Vitamin B2: 0.02mg (1.04%)