



Horseradish Marinade

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



54 kcal

SEASONING

MARINADE

Ingredients

- 0.3 cup cooking wine dry red
- 2 tablespoons thyme leaves fresh minced
- 4 cloves garlic minced
- 2 tablespoons horseradish prepared
- 1.5 teaspoons pepper freshly ground
- 2 tablespoons red wine vinegar
- 2 tablespoons tomato paste
- 2 tablespoons worcestershire sauce low-sodium

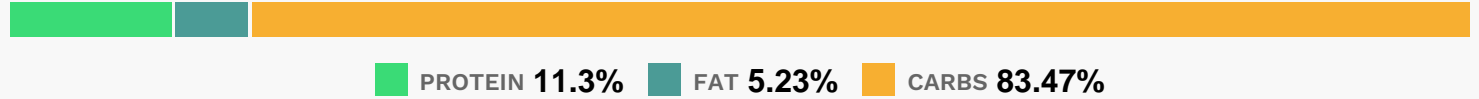
Equipment

bowl

Directions

Combine all ingredients in a small bowl; stir well. Use to marinate beef.

Nutrition Facts



Properties

Glycemic Index:62.33, Glycemic Load:1.71, Inflammation Score:-10, Nutrition Score:5.0017391417337%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg, Delphinidin: 0.84mg Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg, Malvidin: 5.25mg Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg, Peonidin: 0.37mg Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg, Catechin: 1.54mg Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg, Epicatechin: 2.13mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 2.12mg, Luteolin: 2.12mg, Luteolin: 2.12mg, Luteolin: 2.12mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 53.96kcal (2.7%), Fat: 0.25g (0.38%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 8.97g (2.99%), Net Carbohydrates: 7.22g (2.62%), Sugar: 3.28g (3.64%), Cholesterol: 0mg (0%), Sodium: 275.7mg (11.99%), Alcohol: 2.1g (100%), Alcohol %: 3.71% (100%), Protein: 1.21g (2.43%), Vitamin C: 15.07mg (18.27%), Manganese: 0.32mg (16.2%), Iron: 1.99mg (11.03%), Potassium: 285.08mg (8.15%), Vitamin A: 399.36IU (7.99%), Fiber: 1.76g (7.03%), Copper: 0.12mg (5.98%), Calcium: 52.74mg (5.27%), Vitamin B6: 0.1mg (4.95%), Magnesium: 19.23mg (4.81%), Vitamin B2: 0.06mg (3.63%), Vitamin E: 0.48mg (3.22%), Phosphorus: 32.2mg (3.22%), Vitamin K: 3.16µg (3.01%), Vitamin B3: 0.57mg (2.85%), Folate: 10.28µg (2.57%), Selenium: 1.52µg (2.17%), Zinc: 0.32mg (2.12%), Vitamin B1: 0.03mg (1.76%)