



## Lemon-Basil Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



62 kcal

SEASONING

MARINADE

## Ingredients

- ☐ 2 tablespoons dijon mustard
- ☐ 2 garlic clove pressed
- ☐ 2 tablespoons hot sauce
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 tablespoons lemon zest grated
- ☐ 1 cup red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons sugar

☐ 1 cup vegetable oil

Equipment

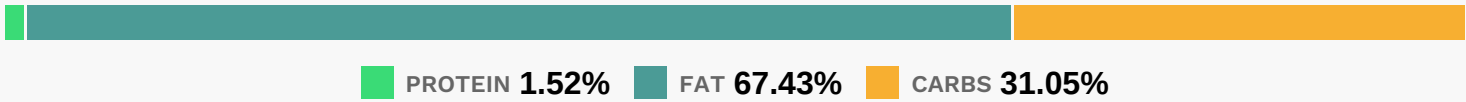
☐ bowl

☐ whisk

Directions

- ☐ Whisk together oil and remaining ingredients in a bowl.
- ☐ Note: To prepare ahead, store in an airtight container in the refrigerator up to 1 week. Bring to room temperature, and whisk before using.

Nutrition Facts



Properties

Glycemic Index:13.21, Glycemic Load:2.58, Inflammation Score:-1, Nutrition Score:1.3178260844687%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 61.86kcal (3.09%), Fat: 4.5g (6.93%), Saturated Fat: 0.68g (4.23%), Carbohydrates: 4.67g (1.56%), Net Carbohydrates: 4.37g (1.59%), Sugar: 3.88g (4.31%), Cholesterol: 0mg (0%), Sodium: 220.18mg (9.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.23g (0.46%), Vitamin K: 8.14µg (7.75%), Vitamin C: 6.17mg (7.48%), Vitamin E: 0.38mg (2.55%), Manganese: 0.04mg (1.8%), Selenium: 1.14µg (1.63%), Fiber: 0.29g (1.18%), Iron: 0.2mg (1.09%)