



## Lemon Herb Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



68 kcal

SEASONING

MARINADE

### Ingredients

- 0.3 cup vegetable oil
- 0.3 cup juice of lemon
- 1 tablespoon basil dried fresh chopped
- 2 teaspoons thyme leaves dried fresh chopped
- 2 cloves garlic finely chopped
- 0.3 teaspoon salt
- 0.3 teaspoon pepper

### Equipment

ziploc bags

## Directions

- In shallow glass dish or resealable food-storage plastic bag, mix all ingredients.
- Add about 1 lb meat; cover dish or seal bag, and refrigerate at least 20 minutes but no longer than 24 hours, depending on type of meat.
- Remove meat from marinade; discard marinade. Cook meat as desired.

## Nutrition Facts

 PROTEIN 1.02%  FAT 93.63%  CARBS 5.35%

## Properties

Glycemic Index:10.7, Glycemic Load:0.08, Inflammation Score:-4, Nutrition Score:1.8091304580803%

## 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg 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: 67.93kcal (3.4%), Fat: 7.31g (11.24%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.17g (0.19%), Cholesterol: 0mg (0%), Sodium: 58.65mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Vitamin K: 20.31µg (19.35%), Vitamin E: 0.65mg (4.32%), Vitamin C: 3.19mg (3.87%), Manganese: 0.06mg (3.17%), Iron: 0.45mg (2.5%), Calcium: 12.29mg (1.23%), Magnesium: 4.09mg (1.02%)