



Lemon-Herb Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



4 kcal

SEASONING

MARINADE

Ingredients

- 0.3 cup basil fresh chopped
- 0.3 cup mint leaves fresh chopped
- 2 garlic cloves crushed
- 0.7 cup juice of lemon fresh
- 2 teaspoons lemon rind grated
- 1.5 tablespoons olive oil
- 2 tablespoons oregano fresh chopped
- 0.3 teaspoon salt

0.3 cup citrus champagne vinegar

Equipment

Directions

Combine all ingredients, and stir marinade well.

Nutrition Facts



PROTEIN 3.4% **FAT 66.2%** **CARBS 30.4%**

Properties

Glycemic Index:1.64, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:0.31130434758961%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 4.36kcal (0.22%), Fat: 0.34g (0.53%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 0.36g (0.12%), Net Carbohydrates: 0.26g (0.09%), Sugar: 0.07g (0.08%), Cholesterol: 0mg (0%), Sodium: 9.31mg (0.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.08%), Vitamin K: 1.56µg (1.49%), Vitamin C: 1.17mg (1.42%)