



Marinade for Chicken



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



229 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon pepper black
- ☐ 2 tablespoons mustard dry
- ☐ 1.5 teaspoons parsley fresh finely minced
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 cup red wine vinegar
- ☐ 1 teaspoon salt
- ☐ 0.8 cup soya sauce
- ☐ 1.5 cups vegetable oil

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0.5 cup worcestershire sauce

Equipment

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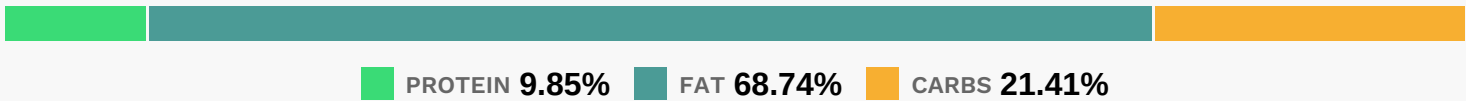
bowl

Directions

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In a medium bowl, mix together oil, soy sauce, Worcestershire sauce, wine vinegar, and lemon juice. Stir in mustard powder, salt, pepper, and parsley. Use to marinate chicken before cooking as desired. The longer you marinate, the more flavor it will have.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:9.1247826477756%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 228.81kcal (11.44%), Fat: 17.76g (27.32%), Saturated Fat: 2.6g (16.23%), Carbohydrates: 12.45g (4.15%), Net Carbohydrates: 11.23g (4.09%), Sugar: 4.94g (5.49%), Cholesterol: 0mg (0%), Sodium: 3461.52mg (150.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.45%), Vitamin K: 33.67µg (32.07%), Manganese: 0.51mg (25.59%), Iron: 3.49mg (19.37%), Vitamin C: 12.79mg (15.5%), Potassium: 445.91mg (12.74%), Selenium: 7.9µg (11.28%), Phosphorus: 112.56mg (11.26%), Vitamin B3: 2.16mg (10.81%), Vitamin E: 1.59mg (10.59%), Magnesium: 39.83mg (9.96%), Copper: 0.18mg (8.84%), Vitamin B2: 0.13mg (7.4%), Calcium: 64.86mg (6.49%), Vitamin B6: 0.11mg (5.73%), Vitamin B1: 0.08mg (5.63%), Folate: 20.63µg (5.16%), Fiber: 1.22g (4.87%), Zinc: 0.5mg (3.36%), Vitamin B5: 0.24mg (2.4%)