



## Mediterranean Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



687 kcal

SEASONING

MARINADE

### Ingredients

- 4 garlic clove
- 4 thyme sprigs
- 1 teaspoon salt
- 1 serving bell pepper
- 5 tablespoons olive oil extra virgin extra-virgin
- 0.3 cup red-wine vinegar
- 1 teaspoon sugar

### Equipment

## Directions

- Smash garlic with the leaves of the rosemary sprigs, salt, and plenty of pepper.
- Mix in oil, red-wine vinegar, and sugar.
- Marinate steak in a resealable bag, refrigerated, for 4 to 24 hours. Flip the bag occasionally.

## Nutrition Facts

**PROTEIN 1.01%** **FAT 91.17%** **CARBS 7.82%**

## Properties

Glycemic Index:177.09, Glycemic Load:5.03, Inflammation Score:-10, Nutrition Score:16.781304328338%

## Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 2.35mg, Luteolin: 2.35mg, Luteolin: 2.35mg, Luteolin: 2.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 686.84kcal (34.34%), Fat: 70.36g (108.25%), Saturated Fat: 9.73g (60.83%), Carbohydrates: 13.59g (4.53%), Net Carbohydrates: 11.21g (4.08%), Sugar: 7.24g (8.05%), Cholesterol: 0mg (0%), Sodium: 2337.08mg (101.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.49%), Vitamin C: 105.81mg (128.25%), Vitamin E: 11.27mg (75.11%), Vitamin A: 2523.71IU (50.47%), Vitamin K: 45.99µg (43.8%), Manganese: 0.39mg (19.32%), Vitamin B6: 0.38mg (18.98%), Iron: 1.9mg (10.58%), Fiber: 2.38g (9.51%), Folate: 36.43µg (9.11%), Potassium: 254.24mg (7.26%), Vitamin B2: 0.1mg (5.65%), Magnesium: 20.79mg (5.2%), Calcium: 48.9mg (4.89%), Phosphorus: 46.75mg (4.68%), Vitamin B3: 0.89mg (4.43%), Vitamin B1: 0.07mg (4.41%), Copper: 0.08mg (3.94%), Vitamin B5: 0.32mg (3.24%), Zinc: 0.42mg (2.81%), Selenium: 1.81µg (2.58%)