



## No-Stick Grilling Marinade



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



535 kcal

SEASONING

MARINADE

## Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup canola oil
- ☐ 1 teaspoon dijon mustard
- ☐ 0.3 teaspoon thyme dried
- ☐ 0.3 teaspoon ground mustard dry
- ☐ 1 egg yolk
- ☐ 0.5 teaspoon garlic powder

- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.3 teaspoon pepper white
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.8 teaspoon onion powder
- ☐ 0.3 teaspoon oregano dried
- ☐ 0.8 teaspoon paprika
- ☐ 1.5 teaspoons lawry's seasoned salt

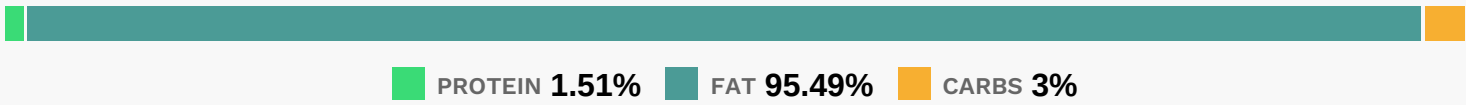
## Equipment

- ☐ blender

## Directions

- ☐ Place first 3 ingredients in a blender; process until smooth. With blender on, add oils in a slow, steady stream until blended.
- ☐ Add seasoned salt and remaining ingredients; process until smooth. Cover and store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:85.5, Glycemic Load:0.78, Inflammation Score:-6, Nutrition Score:7.8082608606504%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

## Nutrients (% of daily need)

Calories: 534.94kcal (26.75%), Fat: 57.73g (88.81%), Saturated Fat: 6.69g (41.83%), Carbohydrates: 4.09g (1.36%), Net Carbohydrates: 3.19g (1.16%), Sugar: 1.47g (1.63%), Cholesterol: 97.2mg (32.4%), Sodium: 1780.08mg (77.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.1%), Vitamin E: 9.36mg (62.41%), Vitamin K: 41.17µg (39.21%), Vitamin A: 563.42IU (11.27%), Selenium: 6.8µg (9.71%), Manganese: 0.13mg (6.65%), Iron: 1.08mg (5.99%), Phosphorus: 51.09mg (5.11%), Folate: 16.06µg (4.01%), Vitamin B2: 0.06mg (3.79%), Vitamin B6: 0.08mg (3.77%), Fiber: 0.9g (3.59%), Vitamin D: 0.49µg (3.24%), Vitamin B5: 0.31mg (3.14%), Calcium: 30.86mg (3.09%), Vitamin

B12: 0.18µg (2.93%), Zinc: 0.36mg (2.38%), Vitamin B1: 0.03mg (2.24%), Magnesium: 8.13mg (2.03%), Potassium: 68.62mg (1.96%), Copper: 0.04mg (1.82%)