



## Oregano Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



68 kcal

SEASONING

MARINADE

## Ingredients

- 0.5 teaspoon pepper black freshly ground
- 5 tablespoons wine dry white
- 2 tablespoons thyme sprigs fresh packed
- 1 teaspoon kosher salt
- 5 tablespoons juice of lemon freshly squeezed (from 2 medium lemons)
- 0.5 cup olive oil extra virgin extra-virgin
- 0.3 cup oregano fresh packed (leaves and tender stems only)
- 0.5 medium onion yellow peeled halved

## Equipment

- food processor
- blender

## Directions

- Place all of the ingredients in a blender or food processor and process on high until smooth, about 1 minute. Use immediately or refrigerate in a container with a tightfitting lid for up to 1 day.

## Nutrition Facts

**PROTEIN 3.68%** **FAT 64.94%** **CARBS 31.38%**

## Properties

Glycemic Index:24.8, Glycemic Load:0.47, Inflammation Score:-10, Nutrition Score:4.1573913732301%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.23mg, Hesperetin: 2.23mg, Hesperetin: 2.23mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg, Luteolin: 1.3mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

## Nutrients (% of daily need)

Calories: 67.88kcal (3.39%), Fat: 4.52g (6.96%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 3.22g (1.17%), Sugar: 1.09g (1.21%), Cholesterol: 0mg (0%), Sodium: 467.41mg (20.32%), Alcohol: 1.54g (100%), Alcohol %: 2.83% (100%), Protein: 0.58g (1.15%), Vitamin K: 17.95µg (17.1%), Vitamin C: 11.16mg (13.52%), Manganese: 0.23mg (11.41%), Iron: 1.5mg (8.31%), Vitamin E: 1.09mg (7.25%), Fiber: 1.69g (6.78%), Calcium: 55.67mg (5.57%), Magnesium: 14.81mg (3.7%), Vitamin A: 176.07IU (3.52%), Vitamin B6: 0.06mg (3.15%), Folate: 12.22µg (3.06%), Potassium: 92.25mg (2.64%), Copper: 0.04mg (2.05%), Vitamin B2: 0.03mg (1.98%), Phosphorus: 13.93mg (1.39%), Zinc: 0.16mg (1.09%), Vitamin B3: 0.21mg (1.04%), Vitamin B1: 0.02mg (1.01%)