



Red Wine Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



104 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons oregano dried
- ☐ 0.8 cup red wine

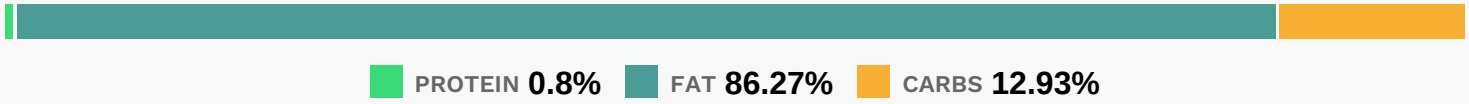
Equipment

- ☐ bowl

Directions

- ☐ In a nonreactive bowl, combine wine, olive oil, lemon juice, and oregano.
- ☐ Add desired meat, and cover. Marinate in the refrigerator for 1 hour or overnight, turning meat occasionally.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:2.0691304485435%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg, Petunidin: 0.89mg Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg, Delphinidin: 0.9mg Malvidin: 6.23mg, Malvidin: 6.23mg, Malvidin: 6.23mg, Malvidin: 6.23mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg, Catechin: 3.21mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg, Naringenin: 0.9mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 104.43kcal (5.22%), Fat: 7.06g (10.86%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 1.93g (0.7%), Sugar: 0.51g (0.57%), Cholesterol: 0mg (0%), Sodium: 2.27mg (0.1%), Alcohol: 4.77g (100%), Alcohol %: 9.99% (100%), Protein: 0.15g (0.3%), Vitamin K: 10.61µg (10.11%), Vitamin E: 1.2mg (8.01%), Manganese: 0.11mg (5.51%), Vitamin C: 2.93mg (3.55%), Iron: 0.62mg (3.45%), Potassium: 77.54mg (2.22%), Magnesium: 8.55mg (2.14%), Calcium: 20.09mg (2.01%), Vitamin B6: 0.04mg (1.98%), Fiber: 0.45g (1.79%), Phosphorus: 12.43mg (1.24%), Vitamin B2: 0.02mg (1.2%), Folate: 4.32µg (1.08%)