



## Red Wine-Mustard Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



51 kcal

SEASONING

MARINADE

### Ingredients

- 1 tablespoon balsamic vinegar
- 0.5 cup cooking wine dry red
- 1.5 teaspoons rosemary fresh chopped
- 1 large clove garlic minced
- 3 tablespoons peppercorn mustard green with white wine
- 1 tablespoon pepper freshly ground
- 0.3 cup shallots finely chopped

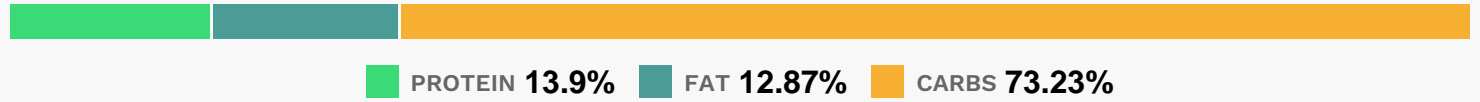
### Equipment

bowl

## Directions

Combine all ingredients in a small bowl; stir well. Use to marinate beef, pork, or lamb.

## Nutrition Facts



## Properties

Glycemic Index:43.5, Glycemic Load:1.24, Inflammation Score:-2, Nutrition Score:2.5221738828265%

## Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 50.86kcal (2.54%), Fat: 0.45g (0.69%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 5.76g (1.92%), Net Carbohydrates: 4.4g (1.6%), Sugar: 1.94g (2.15%), Cholesterol: 0mg (0%), Sodium: 126.88mg (5.52%), Alcohol: 3.15g (100%), Alcohol %: 6.41% (100%), Protein: 1.09g (2.19%), Manganese: 0.3mg (14.98%), Selenium: 4.18µg (5.97%), Fiber: 1.36g (5.43%), Vitamin B6: 0.07mg (3.63%), Iron: 0.55mg (3.03%), Magnesium: 11.77mg (2.94%), Potassium: 93.94mg (2.68%), Vitamin K: 2.76µg (2.62%), Phosphorus: 25.32mg (2.53%), Copper: 0.04mg (2.23%), Vitamin B1: 0.03mg (2.22%), Calcium: 21.76mg (2.18%), Vitamin C: 1.47mg (1.78%), Folate: 6.13µg (1.53%), Zinc: 0.16mg (1.07%), Vitamin B5: 0.1mg (1.02%)