

Sicilian Lemon Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

47 kcal

SEASONING

MARINADE

Ingredients

- ☐ 3 bay leaves
- ☐ 6 servings kosher salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 strips lemon zest with a vegetable peeler
- ☐ 0.7 cup olive oil extra-virgin
- ☐ 0.5 teaspoon cracked peppercorns black
- ☐ 3 large rosemary sprigs cut into 1-inch lengths
- ☐ 0.3 cup water

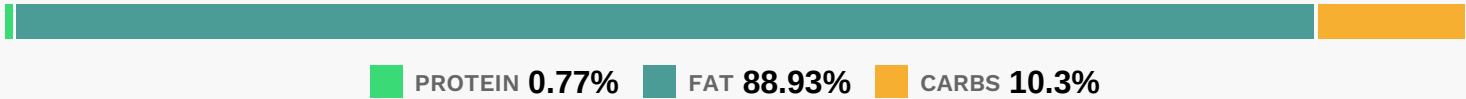
Equipment

☐ sauce pan

Directions

- ☐ In a medium saucepan, combine the olive oil with the lemon zest, bay leaves, rosemary sprigs and cracked peppercorns and cook over moderate heat just until sizzling.
- ☐ Add a large pinch of salt; remove from the heat.
- ☐ Let cool slightly, then stir in the lemon juice and water. Applications: Use as a 1-hour marinade for swordfish, tuna or shrimp, or to marinate veal, chicken or pork for up to 4 hours before grilling, broiling or sauting. Strain and toss with salad greens, olives and croutons and roasted potatoes or drizzle over poached fish.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.0117391226408%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 46.73kcal (2.34%), Fat: 4.86g (7.47%), Saturated Fat: 0.68g (4.24%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.35g (0.39%), Cholesterol: 0mg (0%), Sodium: 194.8mg (8.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.19%), Vitamin C: 5.51mg (6.68%), Vitamin E: 0.72mg (4.77%), Vitamin K: 3.49µg (3.32%), Manganese: 0.05mg (2.7%)