



Spicy Scarborough Chicken Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



160 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.8 cup cooking wine dry white
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon sage fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1 habanero pepper minced seeded use gloves
- ☐ 0.3 cup olive oil
- ☐ 3 rosemary sprigs chopped

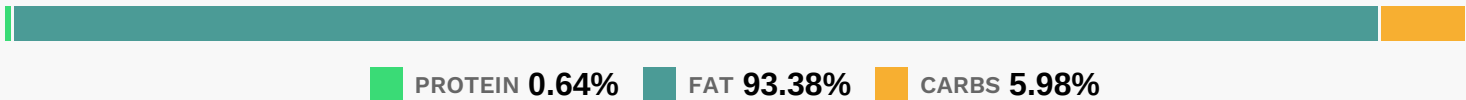
Equipment

- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Pour the wine and olive oil into a mixing bowl.
- ☐ Add the minced habanero pepper, garlic, parsley, sage, rosemary, and thyme; whisk until evenly blended.

Nutrition Facts



Properties

Glycemic Index:59.25, Glycemic Load:0.37, Inflammation Score:-6, Nutrition Score:6.3360868115788%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg, Apigenin: 2.18mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 160.2kcal (8.01%), Fat: 13.57g (20.87%), Saturated Fat: 1.89g (11.8%), Carbohydrates: 1.96g (0.65%), Net Carbohydrates: 1.73g (0.63%), Sugar: 0.58g (0.64%), Cholesterol: 0mg (0%), Sodium: 3.54mg (0.15%), Alcohol: 4.64g (100%), Alcohol %: 9.1% (100%), Protein: 0.21g (0.42%), Copper: 1.53mg (76.38%), Vitamin K: 25.07µg (23.88%), Vitamin E: 1.97mg (13.13%), Vitamin C: 6mg (7.28%), Manganese: 0.13mg (6.56%), Vitamin A: 134.21IU (2.68%), Iron: 0.46mg (2.57%), Vitamin B6: 0.05mg (2.42%), Magnesium: 7.58mg (1.89%), Potassium: 54.58mg (1.56%), Calcium: 13.54mg (1.35%), Phosphorus: 11.67mg (1.17%)