



Summer Italian Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



10

CALORIES



53 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 teaspoon peppercorns whole black
- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon thyme leaves dried
- ☐ 2 teaspoons garlic minced
- ☐ 1 tablespoon kosher salt
- ☐ 0.5 cup juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon onion minced

- ☐ 1 teaspoon oregano dried
- ☐ 1.8 cups white cooking wine

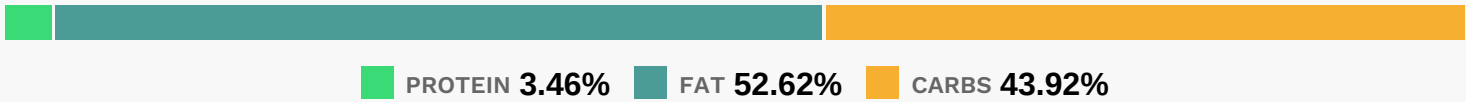
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk the wine, lemon juice, olive oil, onion, garlic, whole peppercorns, crushed peppercorns, oregano, basil, thyme and salt together in a large bowl. Use mixture to marinate meat 2 to 24 hours before cooking.

Nutrition Facts



Properties

Glycemic Index:10.9, Glycemic Load:0.3, Inflammation Score:-4, Nutrition Score:1.689130442298%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg, Hesperetin: 1.93mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 52.94kcal (2.65%), Fat: 1.47g (2.26%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 2.76g (0.92%), Net Carbohydrates: 2.42g (0.88%), Sugar: 0.77g (0.86%), Cholesterol: 0mg (0%), Sodium: 700.3mg (30.45%), Alcohol: 4.33g (100%), Alcohol %: 9.16% (100%), Protein: 0.22g (0.43%), Manganese: 0.15mg (7.37%), Vitamin C: 5.04mg (6.11%), Vitamin K: 6.42µg (6.11%), Iron: 0.48mg (2.66%), Vitamin B6: 0.04mg (2.03%), Vitamin E: 0.28mg (1.87%), Magnesium: 7.42mg (1.86%), Potassium: 58.22mg (1.66%), Calcium: 15.55mg (1.55%), Fiber: 0.34g (1.35%), Phosphorus: 11.21mg (1.12%), Folate: 4.2µg (1.05%)