

RUBS, BRINES CURES & GLAZES

Sun Dried Tomato Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



99 kcal

SEASONING

MARINADE

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 2 tablespoons basil fresh chopped
- ☐ 3 optional: lemon grated
- ☐ 1 teaspoon oregano dried
- ☐ 1 tablespoon peppercorns black
- ☐ 1 teaspoon pepper red crushed
- ☐ 0.3 cup red wine vinegar

- ☐ 1 teaspoon salt coarse-grain
- ☐ 0.3 cup sun-dried olives chopped
- ☐ 2 cups tomato sauce
- ☐ 0.5 cup wine

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Combine the sun-dried tomatoes, brown sugar, tomato sauce, and wine in a small nonreactive saucepan and bring to a boil over medium heat. Immediately decrease the heat so that the sauce barely bubbles, and simmer for 1 hour, until reduced to 1 cup.
- ☐ Remove the mixture from the pan and cool to room temperature.
- ☐ Combine the tomato reduction, lemon zest and juice, oregano, basil, parsley, red pepper flakes to taste, salt, peppercorns, garlic, and vinegar in a blender or a food processor and process until all the ingredients are blended. Stored in a clean, airtight container, this will keep in the refrigerator for 2 weeks.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ Marinades, Rubs, Brines, Cures & Glazes by Jim Tarantino, copyright © 1992, 200
- ☐ Published by Ten Speed Press, an imprint of the Crown Publishing Group, a division of Random House, Inc. JIM TARANTINO is a confirmed serial griller and a five-string banjo player living in Philadelphia. He learned to cook in his teens by working in his uncle's restaurants. He has appeared several times at Philadelphia's Book and the Cook and has written numerous magazine and newspaper articles on marinades and grilling.

Nutrition Facts



 PROTEIN **11.01%**  FAT **6.43%**  CARBS **82.56%**

Properties

Glycemic Index:42.42, Glycemic Load:3.4, Inflammation Score:-8, Nutrition Score:10.920434760011%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.15mg, Hesperetin: 15.15mg, Hesperetin: 15.15mg, Hesperetin: 15.15mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 99.39kcal (4.97%), Fat: 0.72g (1.11%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 20.78g (6.93%), Net Carbohydrates: 16.56g (6.02%), Sugar: 12.63g (14.03%), Cholesterol: 0mg (0%), Sodium: 792.7mg (34.47%), Alcohol: 2.06g (100%), Alcohol %: 1.4% (100%), Protein: 2.77g (5.54%), Vitamin C: 38.7mg (46.91%), Vitamin K: 34.78µg (33.12%), Manganese: 0.5mg (24.77%), Potassium: 596.32mg (17.04%), Fiber: 4.22g (16.89%), Vitamin A: 680.01IU (13.6%), Iron: 2.27mg (12.61%), Copper: 0.24mg (11.9%), Vitamin E: 1.48mg (9.86%), Magnesium: 36.85mg (9.21%), Vitamin B6: 0.17mg (8.68%), Vitamin B3: 1.54mg (7.71%), Vitamin B2: 0.11mg (6.26%), Phosphorus: 62.62mg (6.26%), Calcium: 56.84mg (5.68%), Vitamin B5: 0.54mg (5.35%), Folate: 21.35µg (5.34%), Vitamin B1: 0.08mg (5.27%), Zinc: 0.43mg (2.85%), Selenium: 1.3µg (1.86%)