

## Sweet Balsamic Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



72 kcal

SEASONING

MARINADE

### Ingredients

- 0.8 cup balsamic vinegar
- 2 teaspoons brown sugar
- 2 teaspoons brown sugar
- 0.5 cup olive oil
- 6 servings pepper black
- 0.3 cup onion sweet finely minced

### Equipment

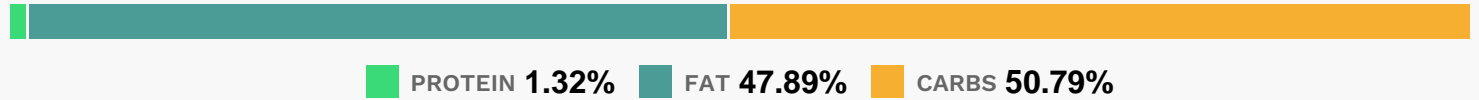
- bowl

whisk

## Directions

- In a small bowl, whisk together the vinegar, oil, brown sugar, onion, and pepper.
- Pour over desired meat, and marinate in the refrigerator for 1 to 4 hours, turning meat occasionally.

## Nutrition Facts



## Properties

Glycemic Index:13.67, Glycemic Load:2.73, Inflammation Score:-1, Nutrition Score:0.79260869445684%

## Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

## Nutrients (% of daily need)

Calories: 72.39kcal (3.62%), Fat: 3.61g (5.55%), Saturated Fat: 0.5g (3.11%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 8.53g (3.1%), Sugar: 7.69g (8.54%), Cholesterol: 0mg (0%), Sodium: 8.7mg (0.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.45%), Vitamin E: 0.52mg (3.47%), Manganese: 0.06mg (3.06%), Vitamin K: 2.35µg (2.24%), Iron: 0.3mg (1.64%), Potassium: 48.54mg (1.39%), Calcium: 12.63mg (1.26%), Magnesium: 4.84mg (1.21%)