



Wine and Herb Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



16 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 teaspoon basil dried
- ☐ 1 teaspoon marjoram dried
- ☐ 1 tablespoon mustard dry
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 cup red wine dry white (see notes)

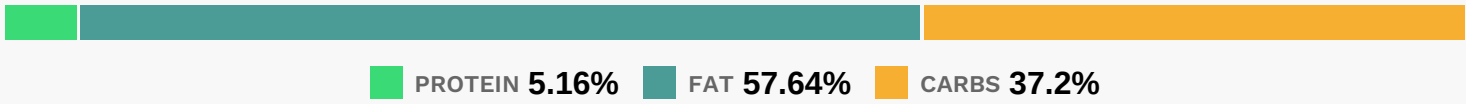
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 1 tablespoon sugar

Equipment

Directions

- ☐ In a small container, mix wine, vinegar, shallots, olive oil, sugar, garlic, mustard, oregano, basil, marjoram, salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:9.1, Glycemic Load:0.52, Inflammation Score:-1, Nutrition Score:0.55260869196576%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.55mg, Malvidin: 0.55mg, Malvidin: 0.55mg, Malvidin: 0.55mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 15.88kcal (0.79%), Fat: 0.84g (1.29%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 1.22g (0.41%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.74g (0.82%), Cholesterol: 0mg (0%), Sodium: 87.87mg (3.82%), Alcohol: 0.42g (100%), Alcohol %: 5.54% (100%), Protein: 0.17g (0.34%), Vitamin K: 2.02µg (1.93%), Manganese: 0.04mg (1.9%), Selenium: 0.82µg (1.17%)