



Zesty Dijon Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



32

CALORIES



25 kcal

SEASONING

MARINADE

Ingredients

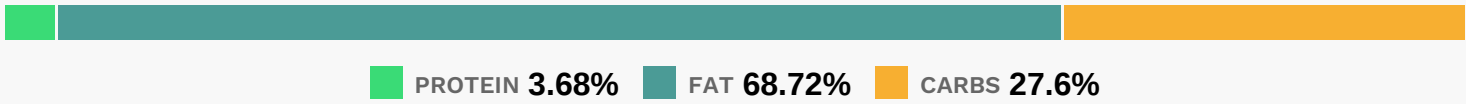
- ☐ 1 cup balsamic vinegar
- ☐ 0.5 cup dijon mustard
- ☐ 2 garlic clove crushed
- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt

Equipment

Directions

☐ Combine all ingredients, and stir marinade well.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.71, Inflammation Score:-1, Nutrition Score:0.5273913104573%

Nutrients (% of daily need)

Calories: 24.66kcal (1.23%), Fat: 1.82g (2.8%), Saturated Fat: 0.24g (1.52%), Carbohydrates: 1.65g (0.55%), Net Carbohydrates: 1.47g (0.53%), Sugar: 1.25g (1.39%), Cholesterol: 0mg (0%), Sodium: 62.87mg (2.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.44%), Selenium: 1.35µg (1.93%), Vitamin E: 0.26mg (1.71%), Manganese: 0.03mg (1.69%), Vitamin K: 1.13µg (1.07%)