

# Dill Marinade

*Southern Living - 1987 Annual Recipes*

## Yield: 1 1/4 cups

2/3 cup vegetable oil  
3 tablespoons wine vinegar  
3 tablespoons dry sherry  
2 tablespoons lemon juice  
3/4 teaspoon dry mustard  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1 1/2 tablespoons minced fresh  
dillweed OR 1.5 teaspoons dried  
whole dillweed

In a bowl, combine all of the ingredients. Stir well.

Pour over the desired cut vegetables.

Cover and chill at least eight hours.

Drain before serving.

Per Serving (excluding unknown items): 1345 Calories; 144g Fat (97.8% calories from fat); 1g Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1072mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 29 Fat; 0 Other Carbohydrates.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	1345
% Calories from Fat:	97.8%
% Calories from Carbohydrates:	2.1%
% Calories from Protein:	0.2%
Total Fat (g):	144g
Saturated Fat (g):	17g
Monounsaturated Fat (g):	85g
Polyunsaturated Fat (g):	31g
Cholesterol (mg):	0mg
Carbohydrate (g):	7g
Dietary Fiber (g):	trace
Protein (g):	1g
Sodium (mg):	1072mg
Potassium (mg):	132mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	51
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0

**Calcium (mg):** 23mg  
**Iron (mg):** 1mg  
**Zinc (mg):** trace  
**Vitamin C (mg):** 14mg  
**Vitamin A (i.u.):** 12IU  
**Vitamin A (r.e.):** 1RE

**Non-Fat Milk:** 0  
**Fat:** 29  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 1345                      Calories from Fat: 1315

### % Daily Values\*

**Total Fat** 144g 222%  
     Saturated Fat 17g 83%  
**Cholesterol** 0mg 0%  
**Sodium** 1072mg 45%  
**Total Carbohydrates** 7g 2%  
     Dietary Fiber trace 2%  
**Protein** 1g

**Vitamin A** 0%  
**Vitamin C** 24%  
**Calcium** 2%  
**Iron** 5%

\* Percent Daily Values are based on a 2000 calorie diet.