

Garlic-Balsamic Vinaigrette Marinade

Alison Ladman - Associated Press
Palm Beach Post

2 tablespoons olive oil
2 tablespoons balsamic vinegar
4 cloves garlic, minced
hefty pinch salt

In a bowl, combine all of the ingredients. Use as desired.

Try with pork loin or steak tips.

For fish, seafood and vegetables, marinate for 30 minutes and up to two hours. For chicken, steak and pork, you can go up to eight hours.

Per Serving (excluding unknown items): 261 Calories; 27g Fat (90.1% calories from fat); 1g Protein; 6g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1 Vegetable; 0 Fruit; 5 1/2 Fat.

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|-----------------------|-------|
| Calories (kcal): | 261 | Vitamin B6 (mg): | .1mg |
| % Calories from Fat: | 90.1% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 8.8% | Thiamin B1 (mg): | 0mg |
| % Calories from Protein: | 1.1% | Riboflavin B2 (mg): | 0mg |
| Total Fat (g): | 27g | Folacin (mcg): | trace |
| Saturated Fat (g): | 4g | Niacin (mg): | trace |
| Monounsaturated Fat (g): | 20g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 2g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 0mg | % Refuse: | 0.0% |
| Carbohydrate (g): | 6g | Food Exchanges | |
| Dietary Fiber (g): | trace | Grain (Starch): | 0 |
| Protein (g): | 1g | Lean Meat: | 0 |
| Sodium (mg): | 2mg | Vegetable: | 1 |
| Potassium (mg): | 81mg | Fruit: | 0 |
| Calcium (mg): | 24mg | Non-Fat Milk: | 0 |
| Iron (mg): | 1mg | Fat: | 5 1/2 |
| Zinc (mg): | trace | Other Carbohydrates: | 0 |
| Vitamin C (mg): | 4mg | | |
| Vitamin A (i.u.): | 0IU | | |
| Vitamin A (r.e.): | 0RE | | |

Nutrition Facts

| Amount Per Serving | | |
|----------------------------|-------|------------------------|
| Calories | 261 | Calories from Fat: 235 |
| % Daily Values* | | |
| Total Fat | 27g | 42% |
| Saturated Fat | 4g | 18% |
| Cholesterol | 0mg | 0% |
| Sodium | 2mg | 0% |
| Total Carbohydrates | 6g | 2% |
| Dietary Fiber | trace | 1% |
| Protein | 1g | |
| Vitamin A | | 0% |
| Vitamin C | | 6% |
| Calcium | | 2% |
| Iron | | 3% |

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