

Greek Marinade

*Chef Steven Petusensky - Coral Springs, FL
Relish Magazine - April 2014*

Yield: 2 cups

*1/2 cup extra-virgin olive oil
1 cup fresh lemon juice
4 cloves garlic, minced
1/4 cup fresh oregano, minced
1/4 cup fresh parsley, minced
2 teaspoons red pepper flakes*

Combine all of the ingredients in a jar. Shake well.

Makes enough to marinate two to three pounds of chicken or whitefish (snapper, tilapia or halibut.

Per Serving (excluding unknown items): 1047 Calories; 108g Fat (89.2% calories from fat); 2g Protein; 27g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1 1/2 Fruit; 21 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1047
% Calories from Fat:	89.2%
% Calories from Carbohydrates:	10.0%
% Calories from Protein:	0.9%
Total Fat (g):	108g
Saturated Fat (g):	15g
Monounsaturated Fat (g):	80g
Polyunsaturated Fat (g):	9g
Cholesterol (mg):	0mg
Carbohydrate (g):	27g
Dietary Fiber (g):	3g
Protein (g):	2g
Sodium (mg):	14mg
Potassium (mg):	477mg
Calcium (mg):	93mg
Iron (mg):	2mg
Zinc (mg):	1mg

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	55mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1
Fruit:	1 1/2
Non-Fat Milk:	0
Fat:	21 1/2
Other Carbohydrates:	0

Vitamin C (mg): 146mg
Vitamin A (i.u.): 1178IU
Vitamin A (r.e.): 118RE

Nutrition Facts

Amount Per Serving

Calories	1047	Calories from Fat: 934
-----------------	------	------------------------

% Daily Values*

Total Fat	108g	167%
Saturated Fat	15g	73%
Cholesterol	0mg	0%
Sodium	14mg	1%
Total Carbohydrates	27g	9%
Dietary Fiber	3g	13%
Protein	2g	

Vitamin A	24%
Vitamin C	243%
Calcium	9%
Iron	9%

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