

Maple-Soy Vinaigrette Marinade

Alison Ladman - Associated Press
Palm Beach Post

2 tablespoons soy sauce
3 tablespoons apple cider vinegar
2 tablespoons maple syrup

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

Try with pork tenderloin medallions or cod.

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): 129 Calories; trace Fat (0.7% calories from fat); 2g Protein; 32g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2061mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	129
% Calories from Fat:	0.7%
% Calories from Carbohydrates:	93.9%
% Calories from Protein:	5.4%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	32g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	2061mg
Potassium (mg):	190mg
Calcium (mg):	49mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	0mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	6mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories	129	Calories from Fat: 1
-----------------	-----	----------------------

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	2061mg	86%
Total Carbohydrates	32g	11%
Dietary Fiber	trace	1%
Protein	2g	

Vitamin A	0%
Vitamin C	0%
Calcium	5%
Iron	8%

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