

Raspberry-Ginger Wine Marinade

Alison Ladman - Associated Press
Palm Beach Post

1/4 cup sweet red wine
1/4 cup seedless raspberry jam
1 tablespoon vegetable oil
2 tablespoons fresh ginger, grated
hefty pinch salt
hefty pinch black pepper

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

Try on pork chops or chicken breasts.

These marinades work especially well with hearty vegetables and meats. Marinate from 30 minutes to overnight.

Per Serving (excluding unknown items): 129 Calories; 14g Fat (93.9% calories from fat); trace Protein; 2g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 1/2 Vegetable; 2 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	129	Vitamin B6 (mg):	trace
% Calories from Fat:	93.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	5.5%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.6%	Riboflavin B2 (mg):	0mg
Total Fat (g):	14g	Folacin (mcg):	1mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.00%
Carbohydrate (g):	2g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	2mg	Vegetable:	1/2
Potassium (mg):	50mg	Fruit:	0
Calcium (mg):	2mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	2 1/2
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	1mg		

Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Nutrition Facts

Amount Per Serving

Calories	129	Calories from Fat: 121
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% Daily Values*

Total Fat	14g	21%
Saturated Fat	2g	8%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	2g	1%
Dietary Fiber	trace	1%
Protein	trace	

Vitamin A	0%
Vitamin C	1%
Calcium	0%
Iron	0%

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