

Red Wine-Rosemary Wine Marinade

Alison Ladman - Associated Press
Palm Beach Post

1/4 cup red wine
1 tablespoon olive oil
hefty pinch salt
hefty pinch black pepper
1 large stem rosemary, chopped

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

Try with sirloin steak or portobello mushrooms.

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

Per Serving (excluding unknown items): 173 Calories; 14g Fat (90.3% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 40mg Sodium. Exchanges: 0 Grain(Starch); 3 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	173
% Calories from Fat:	90.3%
% Calories from Carbohydrates:	8.9%
% Calories from Protein:	0.7%
Total Fat (g):	14g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	3g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	40mg
Potassium (mg):	98mg
Calcium (mg):	47mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	2mg
Vitamin A (i.u.):	103IU

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	0mg
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	42
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Vitamin A (r.e.): 10 1/2RE

Nutrition Facts

Amount Per Serving

Calories	173	Calories from Fat: 156
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% Daily Values*

Total Fat	14g	22%
Saturated Fat	2g	10%
Cholesterol	0mg	0%
Sodium	40mg	2%
Total Carbohydrates	3g	1%
Dietary Fiber	1g	6%
Protein	trace	

Vitamin A	2%
Vitamin C	3%
Calcium	5%
Iron	7%

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