

# 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.*

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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

<b>Calories (kcal):</b>	173	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	90.3%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	8.9%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	0.7%	<b>Riboflavin B2 (mg):</b>	0mg
<b>Total Fat (g):</b>	14g	<b>Folacin (mcg):</b>	1mcg
<b>Saturated Fat (g):</b>	2g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	10g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	42
<b>Cholesterol (mg):</b>	0mg	<b>% Refused:</b>	0.0%
<b>Carbohydrate (g):</b>	3g		
<b>Dietary Fiber (g):</b>	1g	<b>Food Exchanges</b>	
<b>Protein (g):</b>	trace	<b>Grain (Starch):</b>	0
<b>Sodium (mg):</b>	40mg	<b>Lean Meat:</b>	0
<b>Potassium (mg):</b>	98mg	<b>Vegetable:</b>	0
<b>Calcium (mg):</b>	47mg	<b>Fruit:</b>	0
<b>Iron (mg):</b>	1mg	<b>Non-Fat Milk:</b>	0
<b>Zinc (mg):</b>	trace	<b>Fat:</b>	3
<b>Vitamin C (mg):</b>	2mg	<b>Other Carbohydrates:</b>	0
<b>Vitamin A (i.u.):</b>	103IU		

Vitamin A (r.e.):

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## Nutrition Facts

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### Amount Per Serving

**Calories** 173 **Calories from Fat:** 156

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**% Daily Values\***

<b>Total Fat</b>	14g	22%
Saturated Fat	2g	10%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	40mg	2%
<b>Total Carbohydrates</b>	3g	1%
Dietary Fiber	1g	6%
<b>Protein</b>	trace	
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<b>Vitamin A</b>		2%
<b>Vitamin C</b>		3%
<b>Calcium</b>		5%
<b>Iron</b>		7%

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