

# White Wine-Mustard Wine Marinade

Alison Ladman - Associated Press  
Palm Beach Post

1/4 cup dry white wine  
3 tablespoons Dijon mustard  
1 tablespoon vegetable oil  
hefty pinch salt  
hefty pinch black pepper

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

Great with chicken thighs or eggplant.

*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): 194 Calories; 16g Fat (86.5% calories from fat); 2g Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 566mg Sodium. Exchanges: 1/2 Lean Meat; 3 Fat; 0 Other Carbohydrates.

## Per Serving Nutritional Analysis

Calories (kcal):	194	Vitamin B6 (mg):	trace
% Calories from Fat:	86.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	8.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	5.3%	Riboflavin B2 (mg):	0mg
Total Fat (g):	16g	Folacin (mcg):	4mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	9g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	40
Cholesterol (mg):	0mg	% Refuse:	0 0%
Carbohydrate (g):	3g	<b>Food Exchanges</b>	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	2g	Lean Meat:	1/2
Sodium (mg):	566mg	Vegetable:	0
Potassium (mg):	106mg	Fruit:	0
Calcium (mg):	43mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	3
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	0mg		
Vitamin A (i.u.):	0IU		
Vitamin A (r.e.):	0RE		

## Nutrition Facts

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**Amount Per Serving**

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**Calories** 194 **Calories from Fat:** 168

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**% Daily Values\***

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**Total Fat** 16g 24%Saturated Fat 2g 8%**Cholesterol** 0mg 0%**Sodium** 566mg 24%**Total Carbohydrates** 3g 1%Dietary Fiber 1g 5%**Protein** 2g

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**Vitamin A** 0%**Vitamin C** 0%**Calcium** 4%**Iron** 6%

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