



Balsamic vinegar marinade

5'
Hands on

200 g
Portion(s)

1
Difficulty



Ingredients

- 2 cloves of garlic, sliced
- 150 g olive oil
- 150 g balsamic vinegar
- 2 tablespoons brown sugar
- 1 teaspoon salt
- 1 teaspoon dried rosemary
- pepper
- 1 ½ kilos beef or chicken or lamb or pork

Διατροφικός πίνακας

Nutrition information per 100 gr.

468 Calories (kcal)	43.0 Total Fat (g)	6.1 Saturated Fat (g)	18.2 Total Carbs (g)
23%	61%	31%	7%
17.2 Sugars (g)	0.37 Protein (g)	0.08 Fibre (g)	1.5 Sodium (g)
19%	1%	0%	24%

Method

- In a glass bowl, combine all of the ingredients for the marinade with a spoon or a whisk.
- Add the meat or poultry and marinate depending on the needs of each kind. Cover with plastic wrap. Refrigerate and allow to marinate.
- You can marinate chicken from 20 minutes up to 12 hours, the pork, lamb or beef from 3 hours up to 24 hours.