



Balsamic vinegar marinade

5'
Hands on

200 g
Portion(s)

1
Difficulty



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.

Ingredients

- 2 clove(s) of garlic, sliced
- 150 g olive oil
- 150 g balsamic vinegar
- 2 tablespoon(s) brown sugar
- 1 teaspoon(s) rosemary, dried
- 1 teaspoon(s) salt
- pepper
- 1 1/2 kilo beef

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%