

Garlic-and-Oregano Marinade

Southern Living - 1987 Annual Recipes

Yield: 1 1/3 cups

3/4 cup vegetable oil

1/2 cup vinegar

3 tablespoons minced fresh oregano

OR 1 tablespoon dried whole oregano

1/4 teaspoon salt

1/4 teaspoon pepper

2 cloves garlic, minced

In a bowl, combine the oil, vinegar, oregano, salt, pepper and garlic. Stir well.

Pour over desired cut vegetables.

Cover and chill at least eight hours.

Drain before serving.

Per Serving (excluding unknown items): 1472 Calories; 164g Fat (97.4% calories from fat); trace Protein; 9g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 535mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 32 1/2 Fat; 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	1472	Vitamin B6 (mg):	.1mg
% Calories from Fat:	97.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	2.5%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	164g	Folacin (mcg):	trace
Saturated Fat (g):	19g	Niacin (mg):	trace
Monounsaturated Fat (g):	97g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	35g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	9g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	535mg	Vegetable:	1/2
Potassium (mg):	151mg	Fruit:	0
Calcium (mg):	24mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	32 1/2

Zinc (mg): trace
Vitamin C (mg): 2mg
Vitamin A (i.u.): 1IU
Vitamin A (r.e.): 0RE

Other Carbohydrates:

1/2

Nutrition Facts

Amount Per Serving

Calories	1472	Calories from Fat: 1434
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% Daily Values*

Total Fat	164g	252%
Saturated Fat	19g	95%
Cholesterol	0mg	0%
Sodium	535mg	22%
Total Carbohydrates	9g	3%
Dietary Fiber	trace	1%
Protein	trace	

Vitamin A	0%
Vitamin C	3%
Calcium	2%
Iron	5%

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