

Herb Marinade for Turkey

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1 cup red wine, sherry or white wine
vinegar
1/2 cup canola or olive oil
handful fresh herbs (sage, rosemary
and thyme)
freshly ground black pepper

Combine all of the ingredients in a bowl. Stir well.

Rub on and under the turkey skin.

Place the turkey in the refrigerator overnight.

Roast the turkey according to your favorite recipe.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .

Sauces and Condiments, Turkey

Per Serving Nutritional Analysis

Calories (kcal):	0
% Calories from Fat:	0.0%
% Calories from Carbohydrates:	0.0%
% Calories from Protein:	0.0%
Total Fat (g):	0g
Saturated Fat (g):	0g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	0g
Cholesterol (mg):	0mg
Carbohydrate (g):	0g
Dietary Fiber (g):	0g
Protein (g):	0g
Sodium (mg):	0mg
Potassium (mg):	0mg

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	0mg
Folacin (mcg):	0mcg
Niacin (mg):	0mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0

Calcium (mg): 0mg
 Iron (mg): 0mg
 Zinc (mg): 0mg
 Vitamin C (mg): 0mg
 Vitamin A (i.u.): 0IU
 Vitamin A (r.e.): 0RE

Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 0 Calories from Fat: 0

% Daily Values*

Total Fat	0g	0%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	0g	0%
Dietary Fiber	0g	0%
Protein	0g	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		0%

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