

Lemon-Herb Citrus Marinade

Alison Ladman - Associated Press
Palm Beach Post

juice and zest of one lemon
1 tablespoon Italian herb blend
1 teaspoon ground black pepper
hefty pinch salt

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

Good on salmon and chicken thighs.

Great on seafood, chicken or steak.

For seafood, marinate for up to 30 minutes. Chicken and steak can handle up to two hours.

Per Serving (excluding unknown items): 5 Calories; trace Fat (8.5% calories from fat); trace Protein; 1g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	5
% Calories from Fat:	8.5%
% Calories from Carbohydrates:	78.3%
% Calories from Protein:	13.2%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	1g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	1mg
Potassium (mg):	27mg
Calcium (mg):	9mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	trace
Vitamin A (i.u.):	4IU

Vitamin B6 (mg):	0mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	trace
Folacin (mcg):	trace
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Vitamin A (r.e.):

1/2RE

Nutrition Facts

Amount Per Serving

Calories	5	Calories from Fat: 0
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% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	1g	0%
Dietary Fiber	1g	2%
Protein	trace	

Vitamin A	0%
Vitamin C	1%
Calcium	1%
Iron	3%

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