

Spicy Hoisin Vinaigrette Marinade

Alison Ladman - Associated Press
Palm Beach Post

2 tablespoons rice vinegar
2 tablespoons hoisin sauce
1 tablespoon vegetable oil
1 teaspoon red pepper flakes
1 teaspoon five-spice powder

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

Try on chicken tenders or scallops.

For fish, seafood and vegetables, marinate for 30 minutes and up to two hours. For chicken, steak and pork, you can go up to eight hours.

Per Serving (excluding unknown items): 195 Calories; 15g Fat (66.0% calories from fat); 1g Protein; 16g Carbohydrate; 1g Dietary Fiber; 1mg Cholesterol; 517mg Sodium. Exchanges: 3 Fat; 1 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	195	Vitamin B6 (mg):	0mg
% Calories from Fat:	66.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	31.8%	Thiamin B1 (mg):	0mg
% Calories from Protein:	2.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	15g	Folacin (mcg):	8mcg
Saturated Fat (g):	2g	Niacin (mg):	trace
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
Cholesterol (mg):	1mg	% Refuse:	0.0%
Carbohydrate (g):	16g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	517mg	Vegetable:	0
Potassium (mg):	72mg	Fruit:	0
Calcium (mg):	12mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	3
Zinc (mg):	trace	Other Carbohydrates:	1
Vitamin C (mg):	3mg		
Vitamin A (i.u.):	106IU		
Vitamin A (r.e.):	10 1/2RE		

Nutrition Facts

Amount Per Serving		
Calories	195	Calories from Fat: 129
% Daily Values*		
Total Fat	15g	23%
Saturated Fat	2g	9%
Cholesterol	1mg	0%
Sodium	517mg	22%
Total Carbohydrates	16g	5%
Dietary Fiber	1g	4%
Protein	1g	
Vitamin A		2%
Vitamin C		4%
Calcium		1%
Iron		3%

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