



GROUP RECIPE PRO - USAF - 2

# Roasted Vegetable Marinate

**Categories:** Vegetables

**Portion Size:**    **Portions:**

1 tbsp                500

## Step 1

1 gal • Olive oil- California

1 gal • Vegetable stock • low sodium

1/2 cup • Granulated garlic

Mix all ingredients together and store in a container with lid in refrigerator for later use.

1 week shelf life.

## Nutritional Analysis

<b>Calories</b>	59		
<b>Protein</b>	0g	0	0%
<b>Carbs</b>	0g	0	0%
<b>Fat</b>	7g	63	107%
<b>Cholesterol</b>			
<b>Sodium</b>	5mg		

Information is on a per portion basis.

## Notes

Saturated Fat: 1g

Fiber: 0g

Sugar: 0g

G4G Code: Yellow

Sodium Code: Low

<b>Created by:</b>	<b>Added on:</b>	<b>Last updated:</b>
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