



All Purpose Lime Marinade

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



18 kcal

SEASONING

MARINADE

Ingredients

- 0.3 teaspoon ancho chili powder
- 2 tablespoons ginger fresh minced
- 2 spring onion thinly sliced
- 0.3 cup juice of lime freshly squeezed
- 2 tablespoons teriyaki sauce

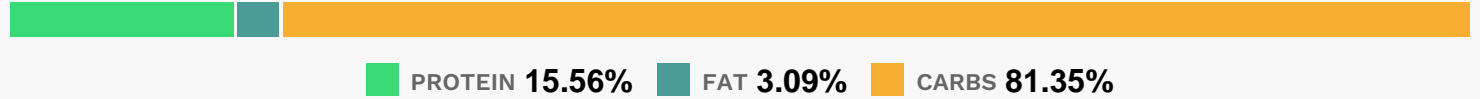
Equipment

- whisk
- grill

Directions

- To make the marinade, whisk together the lime juice, teriyaki sauce, green onions, ginger, and ancho powder.
- To use, marinate your chosen meat for 2 to 4 hours. Grill over hardwood charcoal.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:1.9508695433969%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 18.12kcal (0.91%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 4.23g (1.41%), Net Carbohydrates: 3.87g (1.41%), Sugar: 1.82g (2.02%), Cholesterol: 0mg (0%), Sodium: 348.57mg (15.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Vitamin K: 12.68µg (12.07%), Vitamin C: 7.35mg (8.91%), Magnesium: 9.99mg (2.5%), Potassium: 77.37mg (2.21%), Vitamin A: 106.97IU (2.14%), Phosphorus: 20.47mg (2.05%), Folate: 7µg (1.75%), Iron: 0.3mg (1.68%), Fiber: 0.36g (1.44%), Copper: 0.03mg (1.43%), Vitamin B6: 0.03mg (1.43%), Manganese: 0.02mg (1.17%), Vitamin B3: 0.22mg (1.08%), Calcium: 10.37mg (1.04%)