



Asian Citrus-Honey Mustard Marinade



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



179 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 teaspoon sesame oil dark
- ☐ 3 tablespoons dijon mustard coarse-grained
- ☐ 0.3 cup honey
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup orange juice
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 2 tablespoons red wine vinegar

☐

0.3 teaspoon salt

Equipment

☐

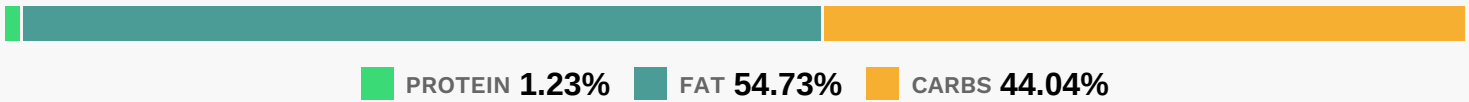
whisk

Directions

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Whisk together all ingredients. Cover and chill up to 4 days.

Nutrition Facts



Properties

Glycemic Index:33.65, Glycemic Load:10.41, Inflammation Score:-1, Nutrition Score:2.3917391092881%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 178.97kcal (8.95%), Fat: 11.36g (17.48%), Saturated Fat: 1.55g (9.69%), Carbohydrates: 20.57g (6.86%), Net Carbohydrates: 20.02g (7.28%), Sugar: 19.74g (21.93%), Cholesterol: 0mg (0%), Sodium: 220.3mg (9.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.15%), Vitamin E: 1.67mg (11.15%), Vitamin C: 6.38mg (7.73%), Vitamin K: 7.05µg (6.72%), Selenium: 3.3µg (4.71%), Manganese: 0.08mg (3.83%), Fiber: 0.55g (2.21%), Iron: 0.4mg (2.2%), Vitamin B1: 0.03mg (1.92%), Vitamin A: 91.04IU (1.82%), Magnesium: 6.85mg (1.71%), Potassium: 57.75mg (1.65%), Phosphorus: 13.97mg (1.4%), Folate: 4.88µg (1.22%), Copper: 0.02mg (1.21%), Vitamin B2: 0.02mg (1.19%), Vitamin B6: 0.02mg (1.05%)