



## Blood Orange-Citrus Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



20 kcal

SEASONING

MARINADE

### Ingredients

- 0.7 grapefruit juice
- 0.5 blood oranges
- 0.5 cup orange juice
- 1 tablespoon olive oil
- 0.3 teaspoon juice of lime
- 2 tablespoons rosemary leaves fresh
- 1 tablespoon salt
- 1 tablespoon sugar

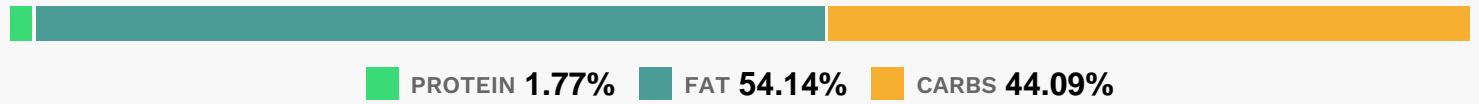
## Equipment

- bowl
- whisk

## Directions

- Whisk all ingredients together in a bowl until well blended.
- This marinade mix can be poured over your favorite cut of chicken and refrigerate up to 24 hours before cooking.

## Nutrition Facts



## Properties

Glycemic Index:17.72, Glycemic Load:1.27, Inflammation Score:-1, Nutrition Score:0.6400000092614%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg, Naringenin: 0.39mg 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: 19.56kcal (0.98%), Fat: 1.21g (1.86%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 2.14g (0.78%), Sugar: 1.92g (2.14%), Cholesterol: 0mg (0%), Sodium: 581.6mg (25.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.18%), Vitamin C: 5.57mg (6.76%), Vitamin E: 0.17mg (1.16%)