



Cajun Citrus-Honey Mustard Marinade



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



181 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon cajun spice
- ☐ 3 tablespoons dijon mustard coarse-grained
- ☐ 0.3 cup honey
- ☐ 2 teaspoons hot sauce
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup orange juice
- ☐ 2 tablespoons red wine vinegar

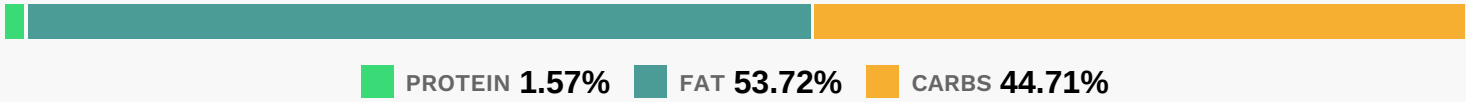
Equipment

whisk

Directions

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

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:10.44, Inflammation Score:-5, Nutrition Score:3.5604347923528%

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: 180.51kcal (9.03%), Fat: 11.32g (17.41%), Saturated Fat: 1.55g (9.67%), Carbohydrates: 21.19g (7.06%), Net Carbohydrates: 20.24g (7.36%), Sugar: 19.89g (22.1%), Cholesterol: 0mg (0%), Sodium: 143.96mg (6.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.49%), Vitamin A: 723.34IU (14.47%), Vitamin E: 2mg (13.34%), Vitamin C: 7.59mg (9.2%), Vitamin K: 7.81µg (7.44%), Selenium: 3.34µg (4.77%), Manganese: 0.08mg (4.16%), Fiber: 0.95g (3.8%), Iron: 0.65mg (3.63%), Potassium: 86.72mg (2.48%), Vitamin B6: 0.05mg (2.45%), Magnesium: 8.95mg (2.24%), Vitamin B1: 0.03mg (2.22%), Vitamin B2: 0.04mg (2.16%), Phosphorus: 17.78mg (1.78%), Copper: 0.03mg (1.56%), Folate: 5.58µg (1.4%), Vitamin B3: 0.27mg (1.36%), Calcium: 12.19mg (1.22%), Zinc: 0.18mg (1.18%), Vitamin B5: 0.1mg (1.03%)