



Chermoula Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



63 kcal

SEASONING

MARINADE

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 2 tablespoons cilantro leaves fresh finely chopped
- 2 teaspoons garlic minced
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 0.3 teaspoon kosher salt
- 2 tablespoons juice of lemon fresh
- 2 teaspoons lemon rind grated

- 0.5 cup olive oil extra-virgin
- 2 teaspoons paprika
- 3 tablespoons parsley fresh italian finely chopped
- 2 teaspoons sambal oelek or red

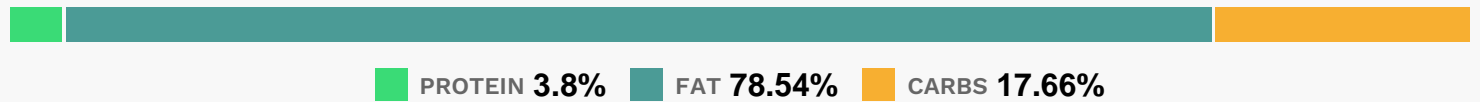
Equipment

- bowl

Directions

- Combine all ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:5.882608719494%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg, Apigenin: 6.49mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 62.74kcal (3.14%), Fat: 5.96g (9.16%), Saturated Fat: 0.82g (5.13%), Carbohydrates: 3.01g (1%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.49g (0.55%), Cholesterol: 0mg (0%), Sodium: 149.62mg (6.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.3%), Vitamin K: 54.83µg (52.22%), Vitamin A: 1182.63IU (23.65%), Vitamin C: 9.62mg (11.66%), Vitamin E: 1.43mg (9.51%), Iron: 0.97mg (5.39%), Manganese: 0.1mg (5.1%), Fiber: 1.16g (4.65%), Vitamin B6: 0.08mg (3.75%), Potassium: 92.13mg (2.63%), Magnesium: 9.42mg (2.35%), Calcium: 21.17mg (2.12%), Folate: 7.97µg (1.99%), Vitamin B2: 0.03mg (1.85%), Copper: 0.03mg (1.63%), Phosphorus: 15.56mg (1.56%), Vitamin B3: 0.28mg (1.42%), Vitamin B1: 0.02mg (1.27%), Zinc: 0.17mg (1.16%)