



Chili-Lime Marinade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



105 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons sesame oil dark
- ☐ 1 chile de árbol dried minced seeded
- ☐ 0.5 cup fish sauce
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon cilantro leaves fresh finely chopped
- ☐ 2 tablespoons ginger fresh minced
- ☐ 2 garlic cloves minced

- ☐ 1 tablespoon green onion finely chopped
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.3 cup sake
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons sriracha chili sauce hot
- ☐ 0.5 cup sugar

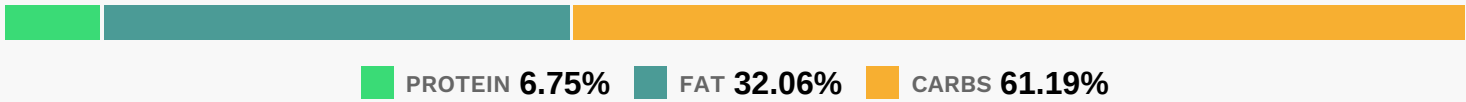
Equipment

- ☐ measuring cup

Directions

- ☐ Combine all ingredients in a glass measuring cup, stirring well.

Nutrition Facts



Properties

Glycemic Index:37.01, Glycemic Load:8.91, Inflammation Score:-2, Nutrition Score:2.4969565298246%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 105.36kcal (5.27%), Fat: 3.62g (5.57%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 15.55g (5.18%), Net Carbohydrates: 15.34g (5.58%), Sugar: 13.63g (15.15%), Cholesterol: 0mg (0%), Sodium: 1630.13mg (70.88%), Alcohol: 1.21g (100%), Alcohol %: 2.27% (100%), Protein: 1.72g (3.43%), Vitamin C: 8.95mg (10.84%), Magnesium: 31.17mg (7.79%), Manganese: 0.1mg (4.96%), Vitamin B6: 0.1mg (4.88%), Vitamin B3: 0.67mg (3.37%), Vitamin K: 3.43µg (3.27%), Folate: 12.88µg (3.22%), Potassium: 94.56mg (2.7%), Selenium: 1.7µg (2.43%), Iron: 0.38mg (2.1%), Vitamin B2: 0.03mg (1.75%), Copper: 0.03mg (1.52%), Phosphorus: 14.8mg (1.48%), Calcium: 12.18mg (1.22%), Vitamin B12: 0.07µg (1.16%)