



## Cilantro-Lime Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



109 kcal

SEASONING

MARINADE

### Ingredients

- 1 cup canola oil
- 2 tablespoons dijon mustard
- 0.3 cup cilantro leaves fresh chopped
- 2 garlic cloves pressed
- 2 tablespoons jalapeno minced seeded
- 1 teaspoon kosher salt
- 0.3 cup juice of lime fresh
- 2 tablespoons lime zest

1 cup red wine vinegar

1 tablespoon sugar

## Equipment

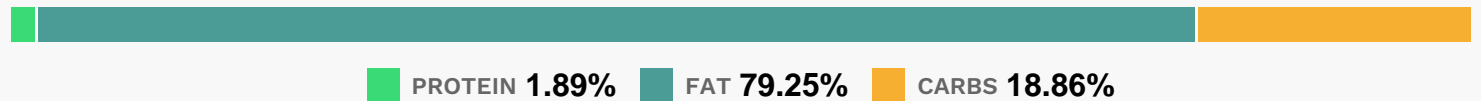
whisk

## Directions

Whisk together vinegar, cilantro, jalapeo pepper, sugar, lime zest, lime juice, Dijon mustard, garlic, and kosher salt until blended.

Add canola oil in a slow, steady stream, whisking constantly until smooth.

## Nutrition Facts



## Properties

Glycemic Index:45.62, Glycemic Load:1.94, Inflammation Score:-3, Nutrition Score:2.9826086655907%

## Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 2.12mg, Hesperetin: 2.12mg, Hesperetin: 2.12mg, Hesperetin: 2.12mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

## Nutrients (% of daily need)

Calories: 108.71kcal (5.44%), Fat: 9.22g (14.18%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 4.34g (1.58%), Sugar: 2.99g (3.33%), Cholesterol: 0mg (0%), Sodium: 536.11mg (23.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.5g (0.99%), Vitamin C: 12.37mg (14.99%), Vitamin E: 1.86mg (12.42%), Vitamin K: 11µg (10.48%), Manganese: 0.08mg (4.06%), Selenium: 2.28µg (3.26%), Vitamin A: 148.28IU (2.97%), Vitamin B6: 0.05mg (2.57%), Fiber: 0.6g (2.39%), Iron: 0.4mg (2.2%), Potassium: 69.64mg (1.99%), Magnesium: 7.39mg (1.85%), Phosphorus: 16.34mg (1.63%), Vitamin B1: 0.02mg (1.37%), Calcium: 13.05mg (1.31%), Copper: 0.02mg (1.17%), Folate: 4.14µg (1.03%)