



Citrus-Honey Mustard Marinade



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



177 kcal

SEASONING

MARINADE

Ingredients

- ☐ 3 tablespoons dijon mustard coarse-grained
- ☐ 0.3 cup honey
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup orange juice
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt

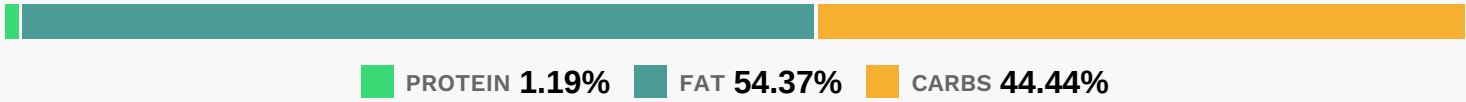
Equipment

whisk

Directions

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

Nutrition Facts



Properties

Glycemic Index:33.65, Glycemic Load:10.41, Inflammation Score:-1, Nutrition Score:2.2343478176905%

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: 176.64kcal (8.83%), Fat: 11.13g (17.13%), Saturated Fat: 1.52g (9.48%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 19.99g (7.27%), Sugar: 19.72g (21.92%), Cholesterol: 0mg (0%), Sodium: 217.02mg (9.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.1%), Vitamin E: 1.59mg (10.62%), Vitamin C: 6.38mg (7.73%), Vitamin K: 6.81µg (6.49%), Selenium: 3.26µg (4.65%), Manganese: 0.07mg (3.66%), Iron: 0.36mg (2.01%), Fiber: 0.48g (1.93%), Vitamin B1: 0.03mg (1.89%), Magnesium: 6.55mg (1.64%), Potassium: 53.85mg (1.54%), Phosphorus: 13.37mg (1.34%), Folate: 4.82µg (1.2%), Copper: 0.02mg (1.11%), Vitamin B2: 0.02mg (1.08%)