



Citrus Marinade

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



96 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.3 cup grapefruit juice fresh
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 0.5 cup orange juice fresh
- ☐ 1 teaspoon orange rind grated

- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 1 teaspoon white wine worcestershire sauce

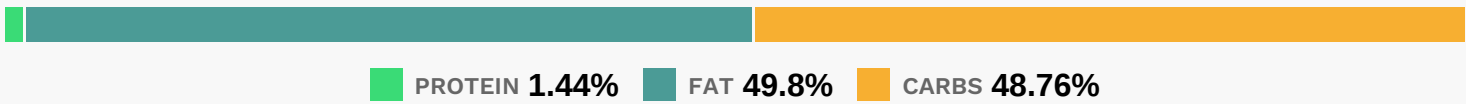
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a medium bowl; stir well. Use immediately or store in refrigerator. Use to marinate chicken, pork, lamb, or fish.

Nutrition Facts



Properties

Glycemic Index:49.65, Glycemic Load:5.78, Inflammation Score:-2, Nutrition Score:2.4743478375932%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 3.67mg, Hesperetin: 3.67mg, Hesperetin: 3.67mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 96.15kcal (4.81%), Fat: 5.55g (8.53%), Saturated Fat: 0.84g (5.25%), Carbohydrates: 12.22g (4.07%), Net Carbohydrates: 12.01g (4.37%), Sugar: 10.96g (12.17%), Cholesterol: 0mg (0%), Sodium: 22.41mg (0.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.72%), Vitamin C: 19.38mg (23.5%), Vitamin K: 10.17µg (9.68%), Vitamin E: 0.5mg (3.35%), Potassium: 101.27mg (2.89%), Folate: 8.91µg (2.23%), Vitamin A: 98.49IU (1.97%), Vitamin B1: 0.03mg (1.77%), Magnesium: 5.73mg (1.43%), Iron: 0.25mg (1.4%)