



Coconut and Lemongrass Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



1045 kcal

SEASONING

MARINADE

Ingredients

- ☐ 14 oz coconut milk canned
- ☐ 3 fresno chiles red stemmed
- ☐ 2 slices ginger fresh thick
- ☐ 2 garlic cloves crushed
- ☐ 2 juice of lime
- ☐ 1 teaspoon kosher salt
- ☐ 1 stalk lemongrass ends trimmed quartered
- ☐ 2 large shallots peeled

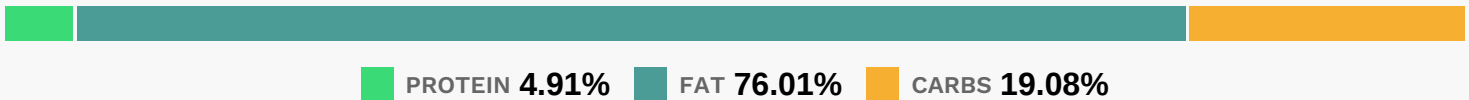
Equipment

- ☐ food processor
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Whirl lemongrass in a food processor until finely chopped.
- ☐ Add shallots, chiles, ginger, and garlic and whirl until minced.
- ☐ Put lemongrass mixture in a nonreactive baking dish and whisk in salt, coconut milk, and lime juice and zest.
- ☐ Add seafood and turn to coat.

Nutrition Facts



Properties

Glycemic Index:120, Glycemic Load:7.13, Inflammation Score:-9, Nutrition Score:35.529130562492%

Flavonoids

Eriodictyol: 1.31mg, Eriodictyol: 1.31mg, Eriodictyol: 1.31mg, Eriodictyol: 1.31mg Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg, Hesperetin: 5.38mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 1044.84kcal (52.24%), Fat: 95.28g (146.58%), Saturated Fat: 83.85g (524.04%), Carbohydrates: 53.83g (17.94%), Net Carbohydrates: 41.02g (14.92%), Sugar: 25.49g (28.32%), Cholesterol: 0mg (0%), Sodium: 2406.8mg (104.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.84g (27.69%), Vitamin C: 229.57mg (278.27%), Manganese: 4.94mg (247.19%), Copper: 1.36mg (67.94%), Iron: 9.92mg (55.14%), Vitamin B6: 1.1mg (55.11%), Potassium: 1865.32mg (53.29%), Phosphorus: 519.03mg (51.9%), Magnesium: 205.48mg (51.37%), Fiber: 12.8g (51.21%), Selenium: 26.93µg (38.48%), Folate: 129.42µg (32.36%), Vitamin A: 1318.64IU (26.37%), Vitamin B3: 5.12mg (25.59%), Zinc: 3.68mg (24.55%), Vitamin K: 20.16µg (19.2%), Vitamin B1: 0.27mg (17.88%), Calcium: 131.99mg (13.2%), Vitamin B5: 1.27mg (12.68%), Vitamin E: 1.69mg (11.29%), Vitamin B2: 0.16mg (9.61%)