



Delicious Chicken Fajita Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



91 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.5 teaspoon cumin
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 cloves garlic crushed
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 juice of lime juiced
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup orange juice

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0.5 teaspoon salt

Equipment

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bowl

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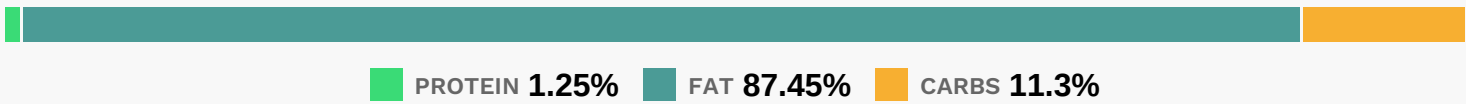
whisk

Directions

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Whisk cilantro, orange juice, olive oil, lime juice, garlic, salt, cayenne pepper, cumin, and black pepper together in a bowl.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:0.91, Inflammation Score:-2, Nutrition Score:2.0656521773857%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg, Hesperetin: 2.09mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg 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: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 90.97kcal (4.55%), Fat: 9.11g (14.02%), Saturated Fat: 1.26g (7.86%), Carbohydrates: 2.65g (0.88%), Net Carbohydrates: 2.45g (0.89%), Sugar: 1.28g (1.43%), Cholesterol: 0mg (0%), Sodium: 195.13mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.59%), Vitamin C: 9.18mg (11.12%), Vitamin E: 1.39mg (9.25%), Vitamin K: 7.97µg (7.59%), Manganese: 0.06mg (3.07%), Vitamin A: 147.56IU (2.95%), Vitamin B6: 0.03mg (1.61%), Potassium: 51.58mg (1.47%), Iron: 0.26mg (1.45%), Folate: 5.31µg (1.33%), Vitamin B1: 0.02mg (1.26%)