



Double-Duty Marinade

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



63 kcal

SEASONING

MARINADE

Ingredients

- 0.5 teaspoon pepper red crushed
- 4 teaspoons ginger fresh minced
- 2 garlic cloves pressed
- 0.3 cup honey
- 6 tablespoons juice of lime fresh (4 limes)
- 0.5 cup olive oil
- 1 cup lite soy sauce
- 0.3 cup water

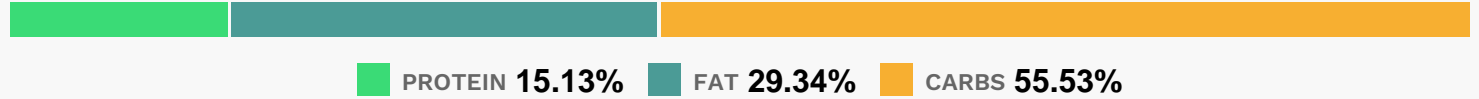
Equipment

whisk

Directions

Whisk together all ingredients.

Nutrition Facts



Properties

Glycemic Index:11.23, Glycemic Load:3.88, Inflammation Score:-1, Nutrition Score:2.0134782454242%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg 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: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 62.84kcal (3.14%), Fat: 2.21g (3.4%), Saturated Fat: 0.31g (1.91%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 9.12g (3.32%), Sugar: 7.53g (8.37%), Cholesterol: 0mg (0%), Sodium: 1298.66mg (56.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Manganese: 0.14mg (6.89%), Vitamin B3: 0.96mg (4.81%), Vitamin C: 2.97mg (3.6%), Iron: 0.64mg (3.56%), Phosphorus: 33.25mg (3.32%), Vitamin B6: 0.06mg (3.13%), Magnesium: 10.87mg (2.72%), Vitamin E: 0.37mg (2.48%), Vitamin B2: 0.04mg (2.45%), Copper: 0.04mg (2.12%), Potassium: 71.82mg (2.05%), Vitamin K: 1.47µg (1.4%), Folate: 5.38µg (1.34%), Fiber: 0.3g (1.21%), Vitamin B1: 0.02mg (1.17%), Vitamin B5: 0.11mg (1.1%)