



Easy All-Around Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



80 kcal

SEASONING

MARINADE

Ingredients

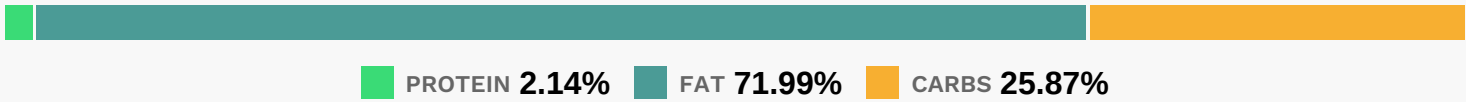
- ☐ 1.5 teaspoons chili powder
- ☐ 4 garlic cloves minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 cup juice of lemon fresh
- ☐ 1 tablespoon brown sugar light
- ☐ 0.8 cup olive oil light
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 2 teaspoons salt

Equipment

Directions

☐ Combine all ingredients in a jar; seal, and shake well.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:2.4704348082128%

Flavonoids

Eriodictyol: 1.19mg, Eriodictyol: 1.19mg, Eriodictyol: 1.19mg, Eriodictyol: 1.19mg Hesperetin: 3.53mg, Hesperetin: 3.53mg, Hesperetin: 3.53mg, Hesperetin: 3.53mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 79.85kcal (3.99%), Fat: 6.8g (10.46%), Saturated Fat: 0.94g (5.84%), Carbohydrates: 5.5g (1.83%), Net Carbohydrates: 5.03g (1.83%), Sugar: 3.04g (3.38%), Cholesterol: 0mg (0%), Sodium: 945.77mg (41.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.46g (0.91%), Vitamin C: 10.24mg (12.42%), Vitamin E: 1.3mg (8.64%), Vitamin A: 246.5IU (4.93%), Vitamin K: 4.82µg (4.59%), Manganese: 0.08mg (4.03%), Iron: 0.66mg (3.66%), Vitamin B6: 0.06mg (3.07%), Fiber: 0.47g (1.86%), Potassium: 64.53mg (1.84%), Calcium: 16.67mg (1.67%), Magnesium: 5.69mg (1.42%), Folate: 5.26µg (1.32%), Copper: 0.03mg (1.31%), Phosphorus: 11.11mg (1.11%), Vitamin B1: 0.02mg (1.09%)