



Fajita Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



38 kcal

SEASONING

MARINADE

Ingredients

- ☐ 6 cloves garlic minced
- ☐ 1.5 teaspoons ground cumin
- ☐ 0.5 cup juice of lime fresh
- ☐ 1.5 teaspoons pepper

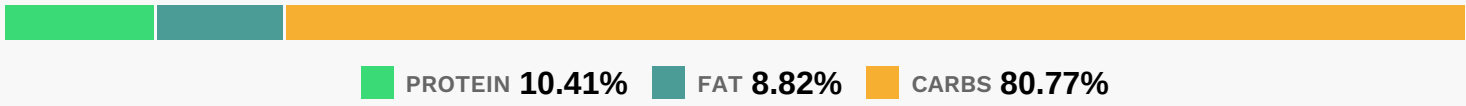
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a bowl; stir well. Use immediately or store in refrigerator. Use to marinate chicken or beef.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.05, Inflammation Score:-2, Nutrition Score:4.4382608506991%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 5.43mg, Hesperetin: 5.43mg, Hesperetin: 5.43mg, Hesperetin: 5.43mg 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: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 37.92kcal (1.9%), Fat: 0.47g (0.72%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 9.7g (3.23%), Net Carbohydrates: 8.73g (3.17%), Sugar: 1.16g (1.28%), Cholesterol: 0mg (0%), Sodium: 5.56mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin C: 21.07mg (25.54%), Manganese: 0.4mg (20.13%), Iron: 1.35mg (7.49%), Vitamin B6: 0.15mg (7.27%), Calcium: 45.37mg (4.54%), Potassium: 153.63mg (4.39%), Fiber: 0.97g (3.87%), Copper: 0.08mg (3.81%), Magnesium: 15.15mg (3.79%), Phosphorus: 32.1mg (3.21%), Vitamin B1: 0.04mg (2.94%), Vitamin K: 3.05µg (2.91%), Selenium: 1.49µg (2.13%), Folate: 6.72µg (1.68%), Zinc: 0.24mg (1.62%), Vitamin B2: 0.03mg (1.56%), Vitamin B5: 0.15mg (1.49%), Vitamin E: 0.21mg (1.37%), Vitamin A: 58.31IU (1.17%), Vitamin B3: 0.23mg (1.17%)