

Fajita Marinade II



Gluten Free



Dairy Free

READY IN



375 min.

SERVINGS



8

CALORIES



226 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 pounds flank steak cut into strips
- ☐ 0.3 teaspoon garlic powder
- ☐ 0.5 teaspoon ground pepper black
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup water
- ☐ 0.3 cup distilled vinegar white

☐ 0.3 cup worcestershire sauce

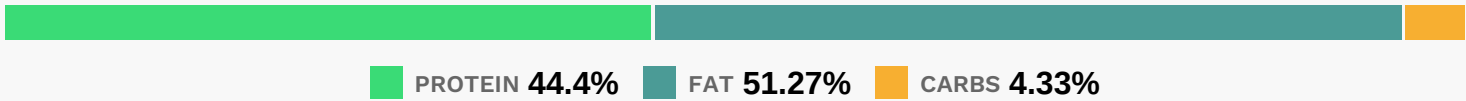
Equipment

☐ bowl

Directions

- ☐ In a large bowl, mix vegetable oil, distilled white vinegar, Worcestershire sauce, water, fresh lemon juice, fresh lime juice, ground black pepper and garlic powder.
- ☐ Place flank steak strips in the mixture. Cover and marinate in the refrigerator at least 6 hours before grilling as desired.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:12.237391346175%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 226.02kcal (11.3%), Fat: 12.5g (19.23%), Saturated Fat: 3.39g (21.22%), Carbohydrates: 2.38g (0.79%), Net Carbohydrates: 2.31g (0.84%), Sugar: 1.02g (1.14%), Cholesterol: 68.04mg (22.68%), Sodium: 172.54mg (7.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.36g (48.72%), Selenium: 33.57µg (47.96%), Vitamin B3: 7.13mg (35.66%), Vitamin B6: 0.69mg (34.56%), Zinc: 4.37mg (29.13%), Phosphorus: 235.95mg (23.59%), Vitamin B12: 1.03µg (17.2%), Vitamin K: 14.2µg (13.53%), Potassium: 466.63mg (13.33%), Iron: 2.23mg (12.39%), Vitamin B2: 0.14mg (8.42%), Vitamin B5: 0.73mg (7.26%), Magnesium: 27.03mg (6.76%), Vitamin E: 0.91mg (6.06%), Vitamin B1: 0.09mg (6%), Copper: 0.11mg (5.27%), Vitamin C: 3.69mg (4.48%), Folate: 16.62µg (4.15%), Calcium: 35.09mg (3.51%), Manganese: 0.03mg (1.74%)