

Fajita Marinade III



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



217 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 teaspoon rosemary dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 1 clove garlic minced
- ☐ 1 tablespoon green onion chopped
- ☐ 1 cup juice of lemon
- ☐ 1 tablespoon oregano dried
- ☐ 1.5 cups vegetable oil

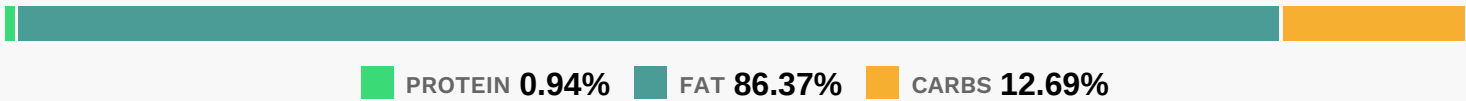
Equipment

☐ bowl

Directions

- ☐ In a medium bowl, mix together vegetable oil, lemon juice, green onion, rosemary, thyme, oregano and garlic.
- ☐ Place beef or chicken in the marinade. Cover and marinate in the refrigerator approximately 24 hours before grilling as desired.

Nutrition Facts



Properties

Glycemic Index:45.67, Glycemic Load:0.15, Inflammation Score:-9, Nutrition Score:6.5560869108076%

Flavonoids

Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg, Eriodictyol: 3.97mg Hesperetin: 11.77mg, Hesperetin: 11.77mg, Hesperetin: 11.77mg, Hesperetin: 11.77mg Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg, Naringenin: 1.12mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 217.41kcal (10.87%), Fat: 22.08g (33.97%), Saturated Fat: 3.39g (21.17%), Carbohydrates: 7.3g (2.43%), Net Carbohydrates: 6.24g (2.27%), Sugar: 2.18g (2.42%), Cholesterol: 0mg (0%), Sodium: 1.77mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.09%), Vitamin K: 56.04µg (53.37%), Vitamin C: 32.25mg (39.09%), Vitamin E: 2.23mg (14.85%), Manganese: 0.12mg (5.98%), Folate: 21.78µg (5.45%), Iron: 0.83mg (4.64%), Fiber: 1.06g (4.24%), Calcium: 36.43mg (3.64%), Vitamin B6: 0.07mg (3.45%), Potassium: 115.06mg (3.29%), Magnesium: 10.23mg (2.56%), Vitamin B1: 0.03mg (1.74%), Copper: 0.03mg (1.45%), Vitamin B2: 0.02mg (1.42%), Vitamin B5: 0.13mg (1.29%), Phosphorus: 11.42mg (1.14%), Vitamin A: 56.69IU (1.13%)