



## Ginger and Rosemary Pork Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



13 kcal

SEASONING

MARINADE

### Ingredients

- 1 teaspoon pepper black
- 0.5 teaspoon cayenne pepper
- 1.5 teaspoons rosemary dried crushed
- 1 clove garlic minced
- 1.5 teaspoons ground ginger
- 0.5 cup juice of lime fresh

### Equipment

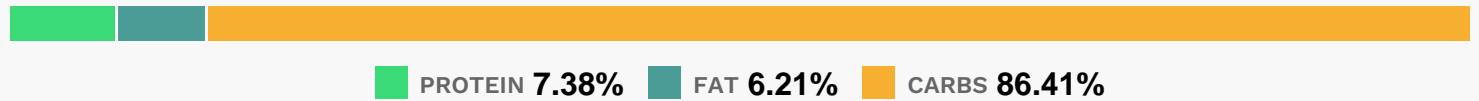
- bowl

ziploc bags

## Directions

- To make the marinade, stir together the lime juice, rosemary, ginger, black pepper, cayenne pepper, and garlic in a bowl.
- To use the marinade, pour the marinade into a resealable plastic bag, and add up to 1 1/2 pounds of pork. Seal, and marinate in the refrigerator at least 2 hours, up to 24 hours.

## Nutrition Facts



## Properties

Glycemic Index:41, Glycemic Load:0.16, Inflammation Score:-2, Nutrition Score:2.1217391672342%

## Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 13.37kcal (0.67%), Fat: 0.12g (0.19%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 3.36g (1.22%), Sugar: 0.57g (0.64%), Cholesterol: 0mg (0%), Sodium: 1.13mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.33g (0.65%), Manganese: 0.34mg (16.86%), Vitamin C: 9.53mg (11.55%), Vitamin A: 123.35IU (2.47%), Fiber: 0.45g (1.81%), Potassium: 60.34mg (1.72%), Vitamin B6: 0.03mg (1.69%), Iron: 0.27mg (1.49%), Magnesium: 5.53mg (1.38%), Vitamin K: 1.22µg (1.16%), Copper: 0.02mg (1.09%)