



Green Chile and Ginger Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



391 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 cup cilantro leaves chopped
- ☐ 1 tablespoon ginger minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 3 serrano chiles minced seeded

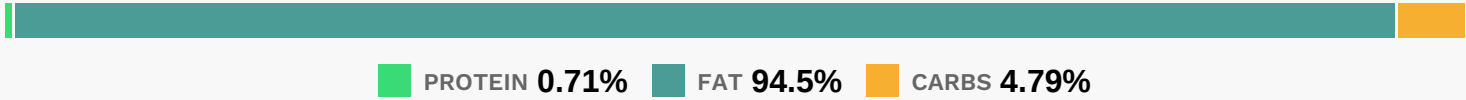
Equipment

- ☐ bowl

Directions

- ☐ Put all ingredients in a nonreactive bowl and stir to combine.
- ☐ Add seafood and turn to coat.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.19, Inflammation Score:-6, Nutrition Score:7.7365217804909%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg

Nutrients (% of daily need)

Calories: 391.08kcal (19.55%), Fat: 42.25g (64.99%), Saturated Fat: 5.83g (36.46%), Carbohydrates: 4.81g (1.6%), Net Carbohydrates: 3.69g (1.34%), Sugar: 1.63g (1.82%), Cholesterol: 0mg (0%), Sodium: 1170.27mg (50.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.72g (1.43%), Vitamin K: 52.22µg (49.73%), Vitamin E: 6.44mg (42.9%), Vitamin C: 22.2mg (26.91%), Vitamin A: 710.3IU (14.21%), Vitamin B6: 0.13mg (6.39%), Manganese: 0.09mg (4.52%), Potassium: 157.19mg (4.49%), Fiber: 1.12g (4.48%), Folate: 15.87µg (3.97%), Iron: 0.61mg (3.38%), Copper: 0.06mg (3.14%), Magnesium: 10.88mg (2.72%), Vitamin B3: 0.45mg (2.23%), Vitamin B2: 0.03mg (2.02%), Vitamin B1: 0.02mg (1.6%), Phosphorus: 15.82mg (1.58%), Vitamin B5: 0.14mg (1.35%), Calcium: 11.4mg (1.14%)