



Herbed Citrus-Honey Mustard Marinade



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



178 kcal

SEASONING

MARINADE

Ingredients

- ☐ 3 tablespoons dijon mustard coarse-grained
- ☐ 1 tablespoon thyme leaves fresh finely chopped
- ☐ 0.3 cup honey
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup orange juice
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt

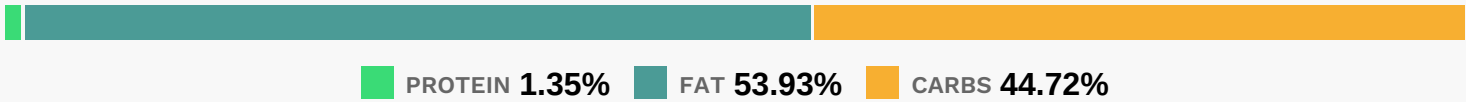
Equipment

☐ whisk

Directions

☐ Whisk together all ingredients. Cover and chill up to 4 days.

Nutrition Facts



Properties

Glycemic Index:42.65, Glycemic Load:10.48, Inflammation Score:-8, Nutrition Score:2.6904347694438%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg, Hesperetin: 1.48mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 178.05kcal (8.9%), Fat: 11.16g (17.16%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 20.81g (6.94%), Net Carbohydrates: 20.13g (7.32%), Sugar: 19.72g (21.92%), Cholesterol: 0mg (0%), Sodium: 217.14mg (9.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin E: 1.59mg (10.62%), Vitamin C: 8.62mg (10.45%), Vitamin K: 6.81µg (6.49%), Manganese: 0.1mg (4.86%), Selenium: 3.26µg (4.65%), Iron: 0.61mg (3.36%), Fiber: 0.68g (2.71%), Magnesium: 8.79mg (2.2%), Vitamin A: 98.25IU (1.97%), Vitamin B1: 0.03mg (1.93%), Potassium: 62.38mg (1.78%), Copper: 0.03mg (1.5%), Calcium: 15.04mg (1.5%), Phosphorus: 14.85mg (1.49%), Vitamin B2: 0.03mg (1.47%), Folate: 5.45µg (1.36%), Vitamin B6: 0.02mg (1.09%)