



Hot 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
- ☐ 1.5 teaspoons chipotle chili powder
- ☐ 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

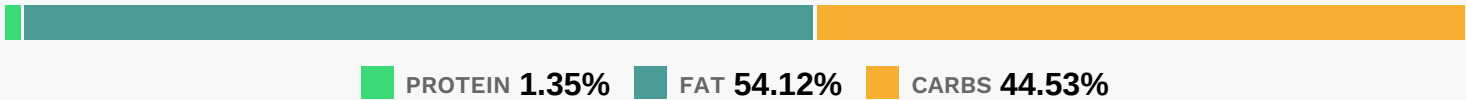
Equipment

☐ whisk

Directions

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

Nutrition Facts



Properties

Glycemic Index:33.65, Glycemic Load:10.41, Inflammation Score:-2, Nutrition Score:2.70000000881111%

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: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 178.33kcal (8.92%), Fat: 11.22g (17.26%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 20.77g (6.92%), Net Carbohydrates: 20.08g (7.3%), Sugar: 19.77g (21.96%), Cholesterol: 0mg (0%), Sodium: 226.86mg (9.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.26%), Vitamin E: 1.82mg (12.14%), Vitamin C: 6.38mg (7.74%), Vitamin K: 7.45µg (7.09%), Selenium: 3.38µg (4.83%), Vitamin A: 209.64IU (4.19%), Manganese: 0.08mg (4.17%), Fiber: 0.69g (2.76%), Iron: 0.46mg (2.58%), Vitamin B1: 0.03mg (1.99%), Potassium: 65.55mg (1.87%), Magnesium: 7.44mg (1.86%), Phosphorus: 15.17mg (1.52%), Vitamin B6: 0.03mg (1.47%), Vitamin B2: 0.02mg (1.42%), Copper: 0.03mg (1.41%), Folate: 4.99µg (1.25%), Calcium: 11.35mg (1.14%)