



Jalapeño-Lime Marinade



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



11 kcal

SEASONING

MARINADE

Ingredients

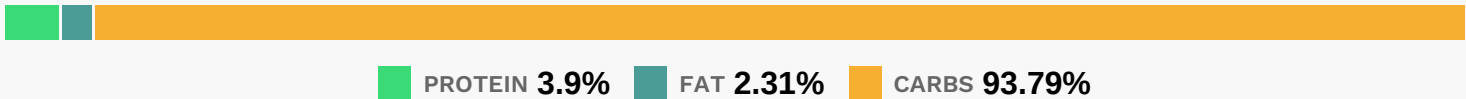
- ☐ 2 teaspoons cumin
- ☐ 3 garlic cloves minced
- ☐ 0.3 cup honey
- ☐ 2 jalapeño peppers seeded finely chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon lime rind grated
- ☐ 0.5 cup orange juice concentrate thawed
- ☐ 0.3 teaspoon salt

Equipment

Directions

☐ Combine all ingredients; stir well.

Nutrition Facts



Properties

Glycemic Index:3.15, Glycemic Load:0.79, Inflammation Score:-1, Nutrition Score:0.58826086184253%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 10.83kcal (0.54%), Fat: 0.03g (0.05%), Saturated Fat: 0g (0.02%), Carbohydrates: 2.74g (0.91%), Net Carbohydrates: 2.68g (0.97%), Sugar: 2.38g (2.64%), Cholesterol: 0mg (0%), Sodium: 12.6mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.11g (0.23%), Vitamin C: 5.45mg (6.6%)