



Lemon-Pepper Marinade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



12 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons green onion minced
- ☐ 0.5 teaspoon coarse-ground pepper
- ☐ 0.3 cup juice of lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons soya sauce (nuoc mam or nam pla)
- ☐ 1 tablespoon sugar

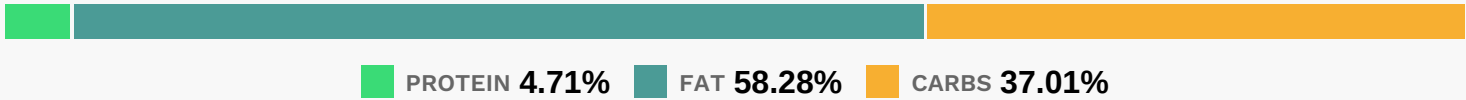
2 tablespoons citrus champagne vinegar

Equipment

Directions

In a small container, mix lemon peel, lemon juice, vinegar, fish sauce, green onion, sugar, olive oil, garlic, and pepper.

Nutrition Facts



Properties

Glycemic Index:9.12, Glycemic Load:0.5, Inflammation Score:-1, Nutrition Score:0.45434782686441%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg, Hesperetin: 0.49mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 11.86kcal (0.59%), Fat: 0.79g (1.22%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.85g (0.94%), Cholesterol: 0mg (0%), Sodium: 157.34mg (6.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.29%), Vitamin C: 1.65mg (2%), Vitamin K: 1.94µg (1.85%), Magnesium: 4.06mg (1.01%)