



Make-Me-Crazy Grill Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



65 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 bay leaves
- ☐ 1.5 tablespoons garlic minced
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.3 cup juice of lemon
- ☐ 0.3 cup juice of lime
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup orange juice
- ☐ 1 teaspoon oregano dried

- ☐ 0.5 cup salsa store-bought your favorite
- ☐ 6 servings salt and pepper to taste

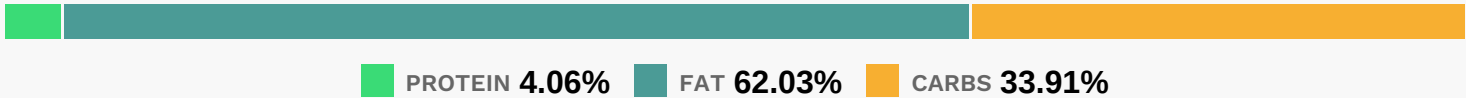
Equipment

- ☐ blender

Directions

- ☐ Combine all the ingredients in a blender and blend well.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:0.93, Inflammation Score:-5, Nutrition Score:3.1804347815721%

Flavonoids

Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg, Eriodictyol: 0.98mg Hesperetin: 4.81mg, Hesperetin: 4.81mg, Hesperetin: 4.81mg, Hesperetin: 4.81mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 64.93kcal (3.25%), Fat: 4.86g (7.47%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 5.98g (1.99%), Net Carbohydrates: 5.25g (1.91%), Sugar: 2.59g (2.88%), Cholesterol: 0mg (0%), Sodium: 337.41mg (14.67%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.72g (1.43%), Vitamin C: 17.24mg (20.9%), Vitamin E: 1.06mg (7.08%), Vitamin K: 5.93µg (5.65%), Manganese: 0.09mg (4.54%), Vitamin B6: 0.08mg (4.23%), Potassium: 130.01mg (3.71%), Vitamin A: 149.15IU (2.98%), Fiber: 0.73g (2.91%), Iron: 0.5mg (2.77%), Folate: 9.96µg (2.49%), Magnesium: 8.99mg (2.25%), Calcium: 21.85mg (2.19%), Vitamin B1: 0.03mg (2.18%), Vitamin B3: 0.37mg (1.85%), Copper: 0.04mg (1.82%), Phosphorus: 17.06mg (1.71%), Vitamin B5: 0.12mg (1.19%), Vitamin B2: 0.02mg (1.17%)