

Margarita Marinade

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



124 kcal

SEASONING

MARINADE

Ingredients

- 1 teaspoon ground cumin
- 1 tablespoon honey
- 2 tablespoons juice of lime fresh
- 0.8 cup tequila

Equipment

- bowl

Directions

In a bowl or resealable bag, combine tequila, lime juice, honey, garlic, and cumin; stir or seal the bag and shake until blended.

Nutrition Facts



PROTEIN 2.44% **FAT 4.7%** **CARBS 92.86%**

Properties

Glycemic Index:18.07, Glycemic Load:2.26, Inflammation Score:-2, Nutrition Score:0.56130434151577%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 123.66kcal (6.18%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 5.09g (1.85%), Sugar: 4.45g (4.94%), Cholesterol: 0mg (0%), Sodium: 1.65mg (0.07%), Alcohol: 15.03g (100%), Alcohol %: 32.7% (100%), Protein: 0.14g (0.27%), Vitamin C: 2.31mg (2.81%), Iron: 0.38mg (2.1%), Manganese: 0.03mg (1.52%)