

Mike's BBQ Chili and Honey Lamb Marinade



Vegetarian



Gluten Free



Dairy Free

READY IN

ready

5 min.

SERVINGS

servings

4

CALORIES

calories

45 kcal

SEASONING

MARINADE

Ingredients



1 teaspoon asian chile paste



2 teaspoons curry powder



2 cloves garlic minced



1 teaspoon ground turmeric



2 tablespoons honey



2 tablespoons juice of lemon



1 teaspoon lemon zest grated



1 tablespoon mustard coarse-grain

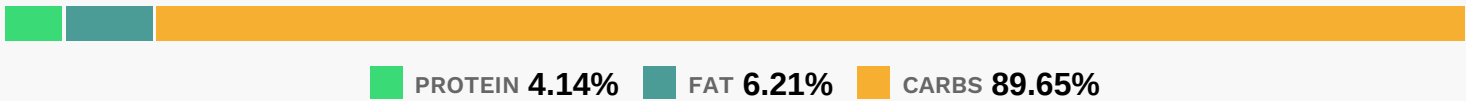
Equipment

bowl

Directions

In a glass bowl, stir together the garlic, mustard, lemon zest, lemon juice, honey, curry powder, chile paste and turmeric. Rub into any cut of lamb, and marinate for at least 3 hours before cooking as desired.

Nutrition Facts



Properties

Glycemic Index:31.07, Glycemic Load:4.69, Inflammation Score:-10, Nutrition Score:1.6947825836099%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 44.65kcal (2.23%), Fat: 0.34g (0.53%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 11.21g (3.74%), Net Carbohydrates: 10.48g (3.81%), Sugar: 9.05g (10.06%), Cholesterol: 0mg (0%), Sodium: 42.99mg (1.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.03%), Manganese: 0.13mg (6.6%), Vitamin C: 4.53mg (5.49%), Iron: 0.65mg (3.62%), Fiber: 0.73g (2.93%), Selenium: 1.79µg (2.56%), Vitamin B6: 0.05mg (2.53%), Vitamin E: 0.27mg (1.77%), Potassium: 58.31mg (1.67%), Magnesium: 6.57mg (1.64%), Phosphorus: 12.9mg (1.29%), Calcium: 12.77mg (1.28%), Copper: 0.03mg (1.27%), Vitamin B1: 0.02mg (1.11%), Vitamin K: 1.16µg (1.11%)