



Mojo Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



99 kcal

SEASONING

MARINADE

Ingredients

- ☐ 10 garlic cloves minced
- ☐ 3 jalapeños sliced into rounds
- ☐ 1.5 teaspoon kosher salt
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.5 cup juice of lime fresh
- ☐ 1.5 cups orange juice fresh
- ☐ 0.5 cup oregano fresh coarsely chopped
- ☐ 0.3 cup vegetable oil

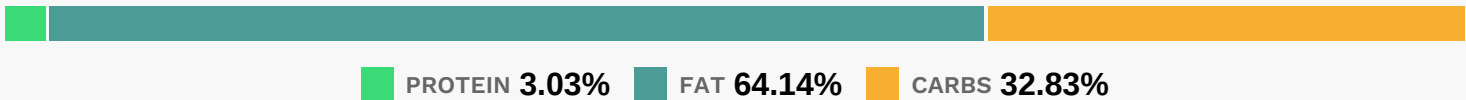
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Combine all ingredients in a medium bowl and whisk until salt is dissolved.
- ☐ Reserve 2/3 cup marinade for sauce. Put pork or seafood in a glass, stainless-steel, or ceramic dish. Toss with remaining marinade. Cover; chill for 3–8 hours.
- ☐ Remove pork or seafood from marinade, pat dry, and grill.
- ☐ Spoon reserved sauce over meat or fish just before serving.

Nutrition Facts



Properties

Glycemic Index:11.9, Glycemic Load:2.33, Inflammation Score:-9, Nutrition Score:6.0099999930548%

Flavonoids

Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 7.3mg, Hesperetin: 7.3mg, Hesperetin: 7.3mg, Hesperetin: 7.3mg Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 98.73kcal (4.94%), Fat: 7.51g (11.56%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 8.65g (2.88%), Net Carbohydrates: 7.29g (2.65%), Sugar: 3.94g (4.38%), Cholesterol: 0mg (0%), Sodium: 350.79mg (15.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.6%), Vitamin C: 32.92mg (39.91%), Vitamin K: 29.22µg (27.83%), Manganese: 0.18mg (9.19%), Vitamin E: 1.25mg (8.3%), Iron: 1.04mg (5.8%), Fiber: 1.36g (5.44%), Folate: 21.72µg (5.43%), Vitamin B6: 0.1mg (5.25%), Calcium: 51mg (5.1%), Potassium: 153.88mg (4.4%), Magnesium: 13.66mg (3.42%), Vitamin B1: 0.05mg (3.42%), Vitamin A: 167.55IU (3.35%), Copper: 0.05mg (2.4%), Vitamin B2: 0.03mg (1.98%), Phosphorus: 18.23mg (1.82%), Vitamin B3: 0.36mg (1.82%), Vitamin B5: 0.15mg (1.55%)