



Orange-Achiote Marinade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



4 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon achiote paste salted red (see notes)
- ☐ 1 teaspoon chicken bouillon instant
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 cup orange juice
- ☐ 2 teaspoons paprika
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon soya sauce

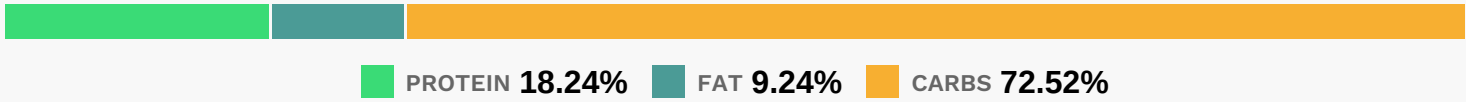
Equipment

bowl

Directions

In a bowl, mix orange juice, achiote paste, soy sauce, paprika, bouillon, garlic, and pepper.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:0.57043478735115%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 4.08kcal (0.2%), Fat: 0.05g (0.07%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 0.82g (0.27%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.48g (0.54%), Cholesterol: 0mg (0%), Sodium: 64.34mg (2.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.41%), Vitamin C: 2.64mg (3.2%), Vitamin A: 133.66IU (2.67%)