



Piri-Piri Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



57 kcal

SEASONING

MARINADE

Ingredients

- 2 tablespoons chili flakes hot
- 1 teaspoon thyme leaves dried
- 0.3 cup garlic minced
- 1 teaspoon ground cumin
- 1 cup juice of lemon
- 0.8 cup olive oil
- 2 teaspoons oregano dried
- 1 teaspoon salt

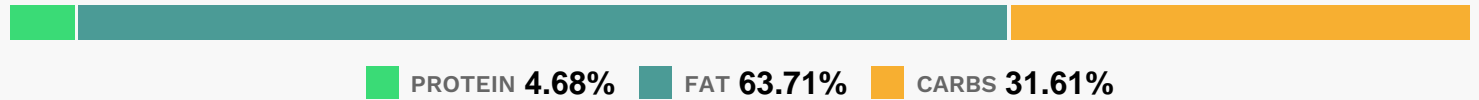
Equipment

bowl

Directions

In a 1-quart glass measure or a bowl, mix lemon juice, olive oil, garlic, chili flakes, oregano, thyme, cumin, and salt.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.41, Inflammation Score:-7, Nutrition Score:4.0795652451723%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 57.09kcal (2.85%), Fat: 4.52g (6.95%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 5.04g (1.68%), Net Carbohydrates: 3.88g (1.41%), Sugar: 0.98g (1.09%), Cholesterol: 0mg (0%), Sodium: 325.21mg (14.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.75g (1.49%), Vitamin C: 13.24mg (16.04%), Vitamin A: 611.64IU (12.23%), Vitamin E: 1.5mg (10.03%), Vitamin K: 9.89µg (9.42%), Manganese: 0.15mg (7.63%), Vitamin B6: 0.12mg (5.78%), Iron: 0.97mg (5.4%), Fiber: 1.16g (4.65%), Calcium: 29.02mg (2.9%), Potassium: 99.35mg (2.84%), Copper: 0.04mg (2.21%), Magnesium: 8.42mg (2.11%), Folate: 8.34µg (2.09%), Vitamin B2: 0.03mg (1.88%), Phosphorus: 17.18mg (1.72%), Vitamin B3: 0.33mg (1.65%), Vitamin B1: 0.02mg (1.59%), Selenium: 1.08µg (1.55%), Zinc: 0.18mg (1.23%)