



Pomegranate Molasses and Mint Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



264 kcal

SEASONING

MARINADE

Ingredients

- ☐ 3 medium garlic cloves minced
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon
- ☐ 0.8 cup mint leaves chopped
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup pomegranate molasses

Equipment

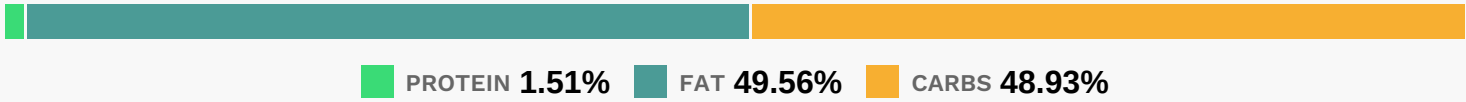
- ☐ whisk

☐ baking pan

Directions

- ☐ Whisk all ingredients together. Put chicken in a nonreactive baking dish and pour marinade over, turning to coat.
- ☐ *Find at well-stocked grocery stores and Middle Eastern markets.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.42, Inflammation Score:-6, Nutrition Score:5.0095651849456%

Flavonoids

Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg, Eriodictyol: 5.95mg Hesperetin: 3.88mg, Hesperetin: 3.88mg, Hesperetin: 3.88mg, Hesperetin: 3.88mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg, Apigenin: 0.92mg Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg, Luteolin: 2.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 263.58kcal (13.18%), Fat: 14.22g (21.87%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 31.59g (10.53%), Net Carbohydrates: 30.1g (10.94%), Sugar: 21.07g (23.41%), Cholesterol: 0mg (0%), Sodium: 1169.17mg (50.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin C: 12.58mg (15.24%), Vitamin A: 718.16IU (14.36%), Manganese: 0.28mg (13.92%), Vitamin E: 2.04mg (13.61%), Vitamin K: 8.5µg (8.1%), Fiber: 1.49g (5.96%), Iron: 1.03mg (5.74%), Folate: 22.37µg (5.59%), Calcium: 50.91mg (5.09%), Vitamin B6: 0.08mg (4.22%), Magnesium: 15.56mg (3.89%), Potassium: 129.89mg (3.71%), Copper: 0.07mg (3.61%), Vitamin B2: 0.05mg (3.06%), Phosphorus: 20.4mg (2.04%), Vitamin B1: 0.03mg (1.76%), Vitamin B3: 0.33mg (1.67%), Zinc: 0.25mg (1.67%), Vitamin B5: 0.1mg (1.04%)