



Quick Spanish Marinating Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



6 min.

SERVINGS



5

CALORIES



16 kcal

SAUCE

Ingredients

- ☐ 0.5 teaspoon bottled garlic minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 teaspoon olive oil
- ☐ 0.3 cup orange juice fresh
- ☐ 0.5 teaspoon ground oregano

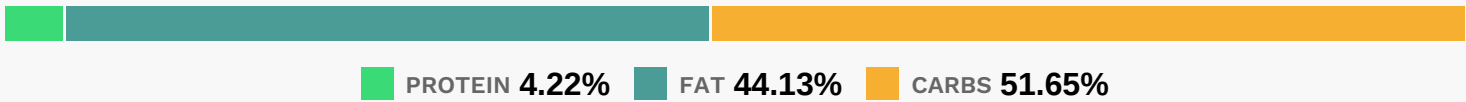
Equipment

sauce pan

Directions

Saut 1/2 tsp. bottled minced garlic, 1/2 tsp. ground oregano, and 1/4 tsp. ground cumin in 1 tsp. olive oil in small saucepan over medium heat 1 minute. Stir in 1/4 cup fresh orange juice, 2 Tbsp. fresh lemon juice, and 1 Tbsp. fresh lime juice.

Nutrition Facts



Properties

Glycemic Index:18.4, Glycemic Load:0.71, Inflammation Score:-3, Nutrition Score:1.152173905269%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 2.62mg, Hesperetin: 2.62mg, Hesperetin: 2.62mg, Hesperetin: 2.62mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 16.37kcal (0.82%), Fat: 0.87g (1.35%), Saturated Fat: 0.12g (0.76%), Carbohydrates: 2.3g (0.77%), Net Carbohydrates: 2.14g (0.78%), Sugar: 1.26g (1.4%), Cholesterol: 0mg (0%), Sodium: 0.56mg (0.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Vitamin C: 9.59mg (11.62%), Vitamin K: 1.77µg (1.69%), Folate: 5.72µg (1.43%), Manganese: 0.02mg (1.23%), Vitamin E: 0.18mg (1.17%), Potassium: 40.81mg (1.17%), Iron: 0.19mg (1.03%), Vitamin B1: 0.02mg (1.02%)