



Southwestern Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



511 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 cup cilantro leaves
- ☐ 1 jalapeno halved sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup orange juice

Equipment

- ☐ bowl
- ☐ baking pan

- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Combine the ingredients in a large resealable plastic bag, a shallow bowl, or a baking dish.
- ☐ Add 2 pounds of poultry, meat, seafood, or vegetables and refrigerate, covered, at least 20 minutes and up to overnight. (For fish and scallops, marinate for no more than 15 minutes or they may become mushy.)Turn the food occasionally so all surfaces are exposed to the marinade.Before cooking, remove the food from the container and shake off the excess liquid.Cook on a lightly oiled grill to the desired doneness.Tips: Although you can marinate food in almost any kind of container (but avoid reactive metals, like unlined aluminum and cast iron), it's best to use 1-gallon resealable plastic bags. They allow the liquid to surround the food completely, ensuring better absorption. Plus, cleanup is a cinch.Toss a marinade once youve soaked raw meat in it. The mixture may be contaminated with bacteria.Best With: Boneless chicken breasts, flank steak, pork chops, scallops, mahimahi, bell peppers, summer squash, and zucchini.

Nutrition Facts



Properties

Glycemic Index:116, Glycemic Load:3.48, Inflammation Score:-7, Nutrition Score:10.357825990604%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 511.16kcal (25.56%), Fat: 54.22g (83.41%), Saturated Fat: 7.48g (46.76%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 6.91g (2.51%), Sugar: 5.85g (6.5%), Cholesterol: 0mg (0%), Sodium: 1168.54mg (50.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.73g (1.46%), Vitamin C: 49.76mg (60.32%), Vitamin K: 59.96µg (57.1%), Vitamin E: 8.5mg (56.68%), Vitamin A: 814.76IU (16.3%), Folate: 27.34µg (6.84%), Potassium: 201.18mg (5.75%), Vitamin B6: 0.1mg (4.77%), Vitamin B1: 0.07mg (4.45%), Iron: 0.61mg (3.4%), Manganese: 0.06mg

(2.97%), Fiber: 0.74g (2.96%), Magnesium: 11.03mg (2.76%), Copper: 0.05mg (2.63%), Vitamin B3: 0.52mg (2.58%),
Vitamin B2: 0.04mg (2.43%), Vitamin B5: 0.21mg (2.08%), Phosphorus: 18.02mg (1.8%), Calcium: 15.12mg (1.51%)