



Southwestern Marinade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



63 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup juice of lime
- ☐ 0.5 cup olive oil
- ☐ 1 small onion diced
- ☐ 1 teaspoon pepper
- ☐ 1 teaspoon salt

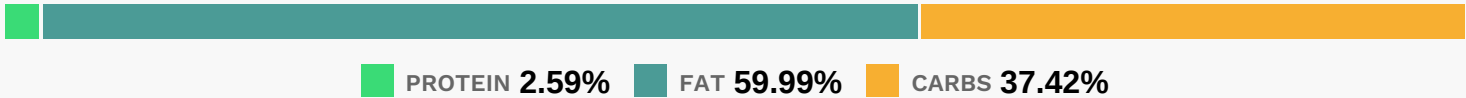
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons worcestershire sauce

Equipment

Directions

- ☐ Stir together all ingredients.
- ☐ *White wine vinegar may be substituted for lime juice.

Nutrition Facts



Properties

Glycemic Index:39.22, Glycemic Load:1.63, Inflammation Score:-1, Nutrition Score:2.0182608599248%

Flavonoids

Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg, Quercetin: 2.98mg

Nutrients (% of daily need)

Calories: 63.41kcal (3.17%), Fat: 4.46g (6.86%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 6.26g (2.09%), Net Carbohydrates: 5.79g (2.1%), Sugar: 3.11g (3.45%), Cholesterol: 0mg (0%), Sodium: 555.5mg (24.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.43g (0.87%), Vitamin C: 6.16mg (7.47%), Manganese: 0.12mg (5.81%), Vitamin E: 0.68mg (4.52%), Iron: 0.77mg (4.26%), Vitamin K: 3.75µg (3.57%), Potassium: 109.27mg (3.12%), Vitamin B6: 0.05mg (2.34%), Calcium: 21.34mg (2.13%), Fiber: 0.47g (1.88%), Copper: 0.04mg (1.86%), Phosphorus: 15.25mg (1.53%), Magnesium: 5.88mg (1.47%), Vitamin B1: 0.02mg (1.39%), Folate: 4.63µg (1.16%), Vitamin B2: 0.02mg (1.11%)