



Spice Blend



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



162 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1.5 teaspoons achiote
- ☐ 1 tablespoon thyme leaves dried
- ☐ 0.5 teaspoon ground chipotle pepper
- ☐ 1.5 teaspoons ground cloves
- ☐ 1 tablespoon ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 0.5 cup brown sugar light
- ☐ 1 tablespoon oregano dried

☐ 1 tablespoon salt

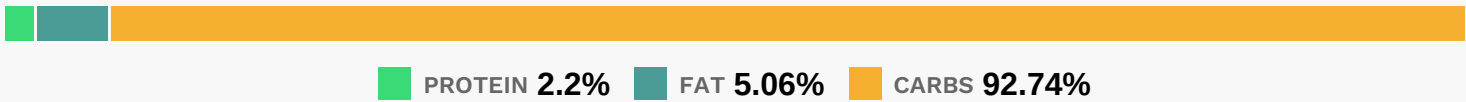
Equipment

☐ bowl

Directions

☐ Combine all ingredients in a small bowl.

Nutrition Facts



Properties

Glycemic Index:19, Glycemic Load:0.12, Inflammation Score:-10, Nutrition Score:8.0043478374896%

Nutrients (% of daily need)

Calories: 162.49kcal (8.12%), Fat: 0.98g (1.51%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 40.41g (13.47%), Net Carbohydrates: 38.1g (13.85%), Sugar: 35.89g (39.88%), Cholesterol: 0mg (0%), Sodium: 2349.27mg (102.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Manganese: 0.91mg (45.68%), Vitamin K: 36.17µg (34.45%), Iron: 4.28mg (23.79%), Vitamin A: 836.09IU (16.72%), Calcium: 112.51mg (11.25%), Fiber: 2.31g (9.23%), Vitamin E: 1.08mg (7.18%), Magnesium: 23.49mg (5.87%), Potassium: 163.07mg (4.66%), Vitamin B6: 0.09mg (4.45%), Copper: 0.07mg (3.69%), Vitamin B2: 0.04mg (2.43%), Folate: 9.36µg (2.34%), Vitamin B3: 0.46mg (2.29%), Phosphorus: 22.75mg (2.28%), Zinc: 0.33mg (2.2%), Vitamin B1: 0.03mg (1.94%), Vitamin C: 1.13mg (1.37%), Selenium: 0.92µg (1.31%)