



## Super Fajita Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



3

CALORIES



96 kcal

SEASONING

MARINADE

## Ingredients

- 3 tablespoons cilantro leaves fresh chopped
- 3 cloves garlic minced
- 2 spring onion chopped
- 0.3 teaspoon ground coriander
- 3 juice of lime juiced
- 0.5 teaspoon pepper red
- 2 tablespoons vegetable oil

## Equipment

bowl

whisk

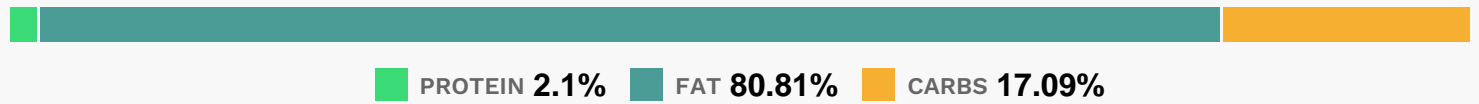
## Directions

In a medium bowl, combine the lime juice, green onions, garlic, cilantro, oil, red pepper, coriander, and anise.

Whisk until well blended.

Pour mixture over your favorite meat, cover, and marinate for 12 to 24 hours before cooking as desired.

## Nutrition Facts



## Properties

Glycemic Index:31.33, Glycemic Load:0.4, Inflammation Score:-3, Nutrition Score:3.7121738946956%

## Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

## Nutrients (% of daily need)

Calories: 96.21kcal (4.81%), Fat: 9.2g (14.15%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 4.38g (1.46%), Net Carbohydrates: 3.79g (1.38%), Sugar: 0.75g (0.83%), Cholesterol: 0mg (0%), Sodium: 8.1mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.07%), Vitamin K: 35.06µg (33.39%), Vitamin C: 11.59mg (14.04%), Vitamin E: 0.99mg (6.61%), Vitamin A: 220.86IU (4.42%), Manganese: 0.08mg (3.94%), Vitamin B6: 0.06mg (3.05%), Fiber: 0.59g (2.35%), Potassium: 79.91mg (2.28%), Folate: 8.55µg (2.14%), Calcium: 17.94mg (1.79%), Iron: 0.29mg (1.61%), Copper: 0.03mg (1.48%), Magnesium: 5.9mg (1.48%), Phosphorus: 13.62mg (1.36%), Vitamin B1: 0.02mg (1.29%), Vitamin B2: 0.02mg (1.09%)