



Sweet and Spicy Flavor Booster

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



177 kcal

SIDE DISH

Ingredients

- 1 chile fresh thinly sliced (such as a jalapeño)
- 2 tablespoons honey
- 0.3 cup juice of lemon fresh
- 3 tablespoons olive oil
- 0.3 teaspoon pepper
- 0.5 teaspoon salt

Equipment

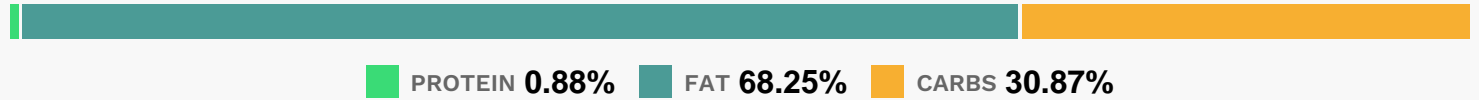
- whisk

grill

Directions

- Whisk all ingredients together.
- Mix vegetables with marinade in a ziplock bag 1 to 2 hours before grilling, then chill.
- Remove vegetables from bag (discard marinade) and grill as the recipe directs.

Nutrition Facts



Properties

Glycemic Index:43.09, Glycemic Load:6.53, Inflammation Score:-2, Nutrition Score:3.8099999972012%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 177.21kcal (8.86%), Fat: 14.12g (21.72%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 14.37g (4.79%), Net Carbohydrates: 14.01g (5.09%), Sugar: 12.8g (14.22%), Cholesterol: 0mg (0%), Sodium: 390.01mg (16.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.41g (0.82%), Vitamin C: 29.49mg (35.75%), Vitamin E: 2.15mg (14.34%), Vitamin K: 10.8µg (10.29%), Vitamin B6: 0.09mg (4.45%), Manganese: 0.06mg (3.2%), Vitamin A: 144.93IU (2.9%), Potassium: 78.96mg (2.26%), Folate: 7.82µg (1.96%), Iron: 0.33mg (1.82%), Copper: 0.03mg (1.51%), Fiber: 0.36g (1.42%), Magnesium: 5.24mg (1.31%), Vitamin B2: 0.02mg (1.27%), Vitamin B3: 0.22mg (1.12%), Vitamin B1: 0.02mg (1.06%)