



Tangy Fajita Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



35 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 teaspoon garlic minced
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 cup pineapple juice
- ☐ 0.5 cup soya sauce

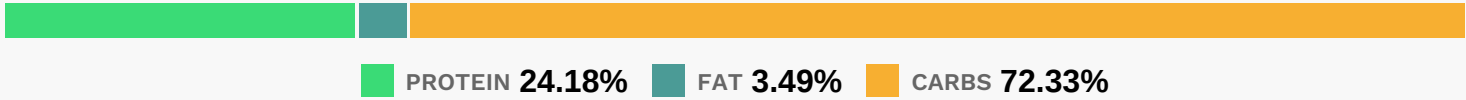
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐
- Whisk together the pineapple juice, soy sauce, lime juice, cumin, and garlic in a small bowl.
- ☐
- Marinate up to 2 pounds of meat in the marinade for at least 4 hours before using.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:2.46, Inflammation Score:-1, Nutrition Score:2.6486956516038%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 35.32kcal (1.77%), Fat: 0.15g (0.22%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 6.79g (2.26%), Net Carbohydrates: 6.5g (2.36%), Sugar: 4.35g (4.83%), Cholesterol: 0mg (0%), Sodium: 1081.45mg (47.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.27g (4.54%), Manganese: 0.31mg (15.55%), Vitamin C: 5.54mg (6.71%), Iron: 0.81mg (4.51%), Vitamin B3: 0.87mg (4.33%), Vitamin B6: 0.08mg (4.22%), Magnesium: 14.14mg (3.53%), Phosphorus: 31.03mg (3.1%), Potassium: 104.93mg (3%), Copper: 0.06mg (2.91%), Folate: 11.1µg (2.78%), Vitamin B1: 0.04mg (2.54%), Vitamin B2: 0.04mg (2.34%), Calcium: 13.24mg (1.32%), Fiber: 0.29g (1.17%), Vitamin B5: 0.1mg (1.02%)