



Zesty Chicken Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



136 kcal

SEASONING

MARINADE

Ingredients

- 1 teaspoon parsley dried
- 0.3 cup cilantro leaves fresh chopped
- 4 garlic cloves minced
- 1 teaspoon ground cumin
- 0.5 teaspoon ground pepper red
- 0.3 cup olive oil
- 1 small onion finely chopped
- 1.5 teaspoons paprika

0.5 teaspoon salt

Equipment

Directions

Combine all ingredients.

Nutrition Facts



PROTEIN 1.83% **FAT 88.33%** **CARBS 9.84%**

Properties

Glycemic Index:35.25, Glycemic Load:0.7, Inflammation Score:-5, Nutrition Score:3.3152174068534%

Flavonoids

Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg, Isorhamnetin: 0.96mg 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: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 135.97kcal (6.8%), Fat: 13.79g (21.22%), Saturated Fat: 1.91g (11.91%), Carbohydrates: 3.46g (1.15%), Net Carbohydrates: 2.67g (0.97%), Sugar: 0.9g (1%), Cholesterol: 0mg (0%), Sodium: 294.32mg (12.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.29%), Vitamin E: 2.29mg (15.3%), Vitamin K: 13.55µg (12.91%), Vitamin A: 570.86IU (11.42%), Manganese: 0.12mg (5.76%), Vitamin B6: 0.08mg (4.24%), Iron: 0.7mg (3.92%), Vitamin C: 2.86mg (3.46%), Fiber: 0.79g (3.15%), Potassium: 76.47mg (2.18%), Calcium: 17.69mg (1.77%), Magnesium: 6.5mg (1.62%), Phosphorus: 16mg (1.6%), Copper: 0.03mg (1.49%), Vitamin B1: 0.02mg (1.43%), Vitamin B2: 0.02mg (1.41%), Folate: 4.97µg (1.24%)