

Chipotle-Lime Citrus Marinade

Alison Ladman - Associated Press
Palm Beach Post

juice and zest of two limes
2 tablespoons adobo sauce
1 chipotle chile pepper (from a can of
chipotles in adobo sauce), minced
2 cloves garlic, minced
hefty pinch salt

In a bowl, combine all of the ingredients. Use as
desired.

Great on flank steak or shrimp.

Great on seafood, chicken or steak.

For seafood, marinate for up to 30
minutes. Chicken and steak can
handle up to two hours.

Per Serving (excluding unknown
items): 239 Calories; 15g Fat
(70.2% calories from fat); 2g
Protein; 12g Carbohydrate; 2g
Dietary Fiber; 0mg Cholesterol;
371mg Sodium. Exchanges: 1/2
Grain(Starch); 1/2 Vegetable; 3 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	239
% Calories from Fat:	70.2%
% Calories from Carbohydrates:	24.9%
% Calories from Protein:	4.9%
Total Fat (g):	15g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	0g
Polyunsaturated Fat (g):	0g
Cholesterol (mg):	0mg
Carbohydrate (g):	12g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	371mg
Potassium (mg):	24mg
Calcium (mg):	11mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	2mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	0mg
Folacin (mcg):	trace
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	0

Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Nutrition Facts

Amount Per Serving

Calories	239	Calories from Fat: 168
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% Daily Values*

Total Fat	15g	23%
Saturated Fat	2g	10%
Cholesterol	0mg	0%
Sodium	371mg	15%
Total Carbohydrates	12g	4%
Dietary Fiber	2g	8%
Protein	2g	

Vitamin A	0%
Vitamin C	3%
Calcium	1%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.