

Latin Marinade

*Chef Steven Petusensky - Coral Springs, FL
Relish Magazine - April 2014*

Yield: 2 cups

*1 cup black coffee
1/4 cup sour orange juice or vinegar
1/4 cup canola or olive oil
1 onion, thinly sliced
3 cloves garlic, minced
1 jalapeno, seeded and minced
1 tablespoon ground cumin
2 teaspoons dried oregano
1 tablespoon chili powder*

Combine all of the ingredients in a jar. Shake well.

Makes enough to marinate two to three pounds of beef, pork and chicken.

Per Serving (excluding unknown items): 119 Calories; 3g Fat (20.6% calories from fat); 5g Protein; 23g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 96mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 1/2 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	119
% Calories from Fat:	20.6%
% Calories from Carbohydrates:	66.2%
% Calories from Protein:	13.2%
Total Fat (g):	3g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	23g
Dietary Fiber (g):	7g
Protein (g):	5g
Sodium (mg):	96mg
Potassium (mg):	668mg

Vitamin B6 (mg):	.5mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	44mcg
Niacin (mg):	2mg
Caffeine (mg):	137mg
Alcohol (kcal):	0
% Refuse:	0.00%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	2 1/2
Fruit:	0

Calcium (mg): 168mg
Iron (mg): 7mg
Zinc (mg): 1mg
Vitamin C (mg): 23mg
Vitamin A (i.u.): 2933IU
Vitamin A (r.e.): 293 1/2RE

Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 119 Calories from Fat: 25

% Daily Values*

Total Fat	3g	5%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	96mg	4%
Total Carbohydrates	23g	8%
Dietary Fiber	7g	28%
Protein	5g	
Vitamin A		59%
Vitamin C		38%
Calcium		17%
Iron		39%

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