

# Orange-Cumin Citrus Marinade

Alison Ladman - Associated Press  
Palm Beach Post

juice and zest of one orange  
1 tablespoon ground cumin  
1 teaspoon chili powder  
1 teaspoon garlic powder  
hefty pinch salt

Combine all of the ingredients in a bowl.

Use as desired.

Try with haddock or chicken breasts.

Great on seafood, chicken or steak.

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

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Per Serving (excluding unknown items): 40 Calories; 2g Fat (33.5% calories from fat); 2g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 36mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Fat.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	40
% Calories from Fat:	33.5%
% Calories from Carbohydrates:	51.0%
% Calories from Protein:	15.5%
Total Fat (g):	2g
Saturated Fat (g):	trace
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	6g
Dietary Fiber (g):	2g
Protein (g):	2g
Sodium (mg):	36mg
Potassium (mg):	186mg
Calcium (mg):	65mg
Iron (mg):	4mg
Zinc (mg):	trace
Vitamin C (mg):	3mg

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	on on%

## Food Exchanges

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

Vitamin A (i.u.): 949IU  
Vitamin A (r.e.): 95RE

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## Nutrition Facts

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### Amount Per Serving

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<b>Calories</b>	40	Calories from Fat: 13
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### % Daily Values\*

<b>Total Fat</b>	2g	3%
Saturated Fat	trace	1%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	36mg	2%
<b>Total Carbohydrates</b>	6g	2%
Dietary Fiber	2g	6%
<b>Protein</b>	2g	

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<b>Vitamin A</b>	19%
<b>Vitamin C</b>	4%
<b>Calcium</b>	7%
<b>Iron</b>	25%

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