

Asian Herb Marinade

4 Servings • 1 Serving = ¼ Cup



INGREDIENTS

- ¼ cup cilantro
- 1/3 cup fresh ginger, minced
- 1/3 cup mint
- 5 cloves garlic, halved
- ½ serrano chile, seeded and diced
- ½ Tablespoon toasted sesame oil
- 1 Tablespoon lime juice
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon kosher salt

DIRECTIONS

1. Combine all ingredients in a blender or food processor. Blend until mixture forms a thick paste, scraping down on the side of bowl, as necessary.

Nutrition Facts

4 servings per container
Serving size 1/4 cup

Amount per serving
Calories 30

% Daily Value*

Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%

Protein 1g

Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 0mg	0%
Potassium 76mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

chefs.org

@CHEFSanAntonio

