



A Little Bit of Everything



Vegetarian



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



3

CALORIES



209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

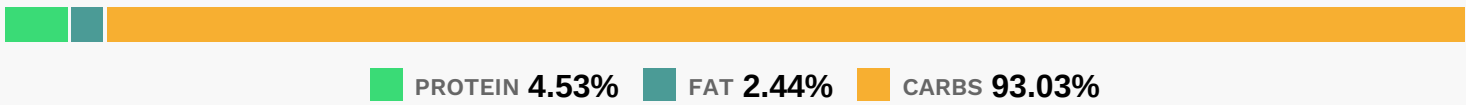
- ☐ 0.5 cup balsamic vinegar
- ☐ 0.5 cup barbecue sauce
- ☐ 1.3 cups beer
- ☐ 3 cloves garlic minced
- ☐ 1 teaspoon garlic powder
- ☐ 4 tablespoons hot sauce
- ☐ 0.5 cup steak sauce

Equipment

Directions

- ☐ In a tall glass combine barbeque sauce, steak sauce, vinegar, garlic powder, hot sauce and beer.
- ☐ Mix well.
- ☐ Place the meat of choice in a container and rub the diced garlic firmly into it.
- ☐ Pour the marinade over the meat until fully covered, and marinate for about 5 hours; cover and refrigerate while marinating. Cook as desired.

Nutrition Facts



Properties

Glycemic Index:41.83, Glycemic Load:5.34, Inflammation Score:-5, Nutrition Score:5.55913052222%

Flavonoids

Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 208.72kcal (10.44%), Fat: 0.48g (0.73%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 40.85g (13.62%), Net Carbohydrates: 39.63g (14.41%), Sugar: 26.31g (29.24%), Cholesterol: 0mg (0%), Sodium: 1612.91mg (70.13%), Alcohol: 3.84g (100%), Alcohol %: 1.95% (100%), Protein: 1.99g (3.98%), Vitamin C: 16.87mg (20.45%), Manganese: 0.26mg (13.02%), Potassium: 356.38mg (10.18%), Vitamin B6: 0.2mg (10.16%), Iron: 1.36mg (7.56%), Copper: 0.14mg (7.19%), Magnesium: 26.27mg (6.57%), Vitamin B3: 1.22mg (6.11%), Vitamin E: 0.87mg (5.78%), Phosphorus: 54.99mg (5.5%), Vitamin B2: 0.09mg (5.38%), Vitamin A: 251.16IU (5.02%), Fiber: 1.22g (4.9%), Calcium: 46.22mg (4.62%), Selenium: 2.19µg (3.13%), Vitamin B1: 0.05mg (3.06%), Folate: 11.6µg (2.9%), Zinc: 0.34mg (2.28%), Vitamin K: 2.19µg (2.09%), Vitamin B5: 0.16mg (1.63%)