



Absolutely Ultimate Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



98 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 8 cloves garlic minced
- ☐ 1 bunch green onions chopped
- ☐ 0.3 cup red wine vinegar
- ☐ 2 tablespoons sesame seed
- ☐ 0.5 cup soya sauce
- ☐ 2 tablespoons tahini
- ☐ 0.5 cup sugar white

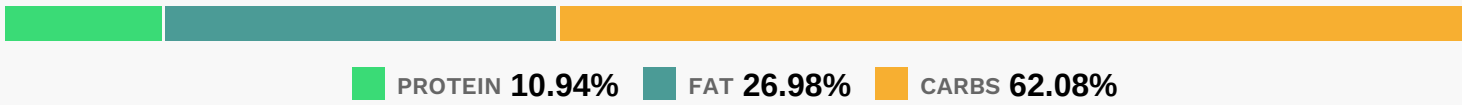
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Place the sesame seeds in a dry skillet over medium heat. Cook and stir for 5 minutes, or until golden brown and fragrant.
- ☐ In a medium bowl, mix toasted sesame seeds, green onions, garlic, tahini, soy sauce, white sugar, red wine vinegar, and pepper.
- ☐ Place desired meat in the mixture, cover, and marinate as long as you like, but overnight is best. Grill as desired.

Nutrition Facts



Properties

Glycemic Index:26.76, Glycemic Load:9.25, Inflammation Score:-1, Nutrition Score:3.5047825568396%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 97.65kcal (4.88%), Fat: 3.06g (4.71%), Saturated Fat: 0.42g (2.65%), Carbohydrates: 15.85g (5.28%), Net Carbohydrates: 15.15g (5.51%), Sugar: 12.83g (14.25%), Cholesterol: 0mg (0%), Sodium: 813.24mg (35.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.59%), Manganese: 0.2mg (9.82%), Copper: 0.18mg (8.82%), Phosphorus: 67.55mg (6.76%), Vitamin K: 6.47µg (6.16%), Vitamin B1: 0.09mg (6.12%), Iron: 0.95mg (5.27%), Magnesium: 18.25mg (4.56%), Vitamin B3: 0.91mg (4.56%), Vitamin B6: 0.09mg (4.49%), Selenium: 2.62µg (3.74%), Calcium: 36.4mg (3.64%), Zinc: 0.44mg (2.95%), Fiber: 0.7g (2.8%), Folate: 10.26µg (2.56%), Potassium: 82.45mg (2.36%), Vitamin B2: 0.04mg (2.34%), Vitamin C: 1.69mg (2.05%)