



Apple-Bourbon Marinade

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



143 kcal

SEASONING

MARINADE

Ingredients

- 2 cups apple juice
- 0.5 cup bourbon
- 0.3 cup firmly brown sugar packed

Equipment

Directions

- Stir together all ingredients, stirring until sugar dissolves.

Nutrition Facts

■ PROTEIN 0.5% ■ FAT 1.3% ■ CARBS 98.2%

Properties

Glycemic Index:11.15, Glycemic Load:4.49, Inflammation Score:-1, Nutrition Score:0.9169565125814%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epicatechin: 4.67mg, Epicatechin: 4.67mg, Epicatechin: 4.67mg, Epicatechin: 4.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 142.87kcal (7.14%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 22g (7.33%), Net Carbohydrates: 21.8g (7.93%), Sugar: 20.21g (22.46%), Cholesterol: 0mg (0%), Sodium: 7.29mg (0.32%), Alcohol: 8.02g (100%), Alcohol %: 7.57% (100%), Protein: 0.11g (0.22%), Manganese: 0.08mg (4.24%), Potassium: 115.3mg (3.29%), Calcium: 17.07mg (1.71%), Magnesium: 5.95mg (1.49%), Vitamin B1: 0.02mg (1.48%), Iron: 0.21mg (1.15%), Vitamin B6: 0.02mg (1.13%), Copper: 0.02mg (1.11%), Vitamin C: 0.89mg (1.08%), Vitamin B2: 0.02mg (1.05%)