



## Asian Ginger Grill Marinade

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



124 kcal

SEASONING

MARINADE

## Ingredients

- 1 tablespoon ginger root fresh grated
- 2 teaspoons garlic minced
- 1 tablespoon green onion chopped
- 0.5 teaspoon ground pepper
- 2 tablespoons honey
- 0.3 cup rice vinegar
- 2 tablespoons sesame oil
- 1 tablespoon sesame seed raw

0.3 cup soya sauce

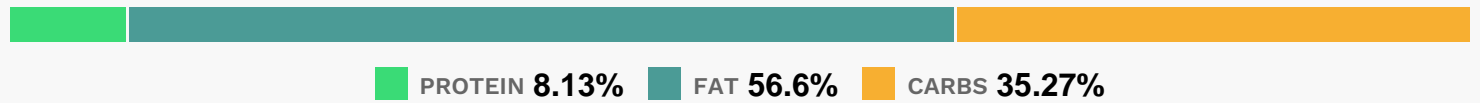
## Equipment

whisk

## Directions

Whisk together soy sauce, rice vinegar, honey, sesame oil, garlic, ginger, green onion, sesame seeds, and pepper until the honey has dissolved.

## Nutrition Facts



## Properties

Glycemic Index:65.32, Glycemic Load:4.97, Inflammation Score:-1, Nutrition Score:2.8073913442052%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 124.47kcal (6.22%), Fat: 8.04g (12.38%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 10.7g (3.89%), Sugar: 9.04g (10.05%), Cholesterol: 0mg (0%), Sodium: 1081.69mg (47.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Manganese: 0.23mg (11.31%), Copper: 0.13mg (6.27%), Iron: 0.88mg (4.9%), Vitamin B3: 0.9mg (4.51%), Vitamin K: 4.49µg (4.28%), Phosphorus: 42.61mg (4.26%), Magnesium: 16.98mg (4.24%), Vitamin B6: 0.08mg (4%), Calcium: 30.14mg (3.01%), Vitamin B2: 0.04mg (2.48%), Fiber: 0.58g (2.32%), Potassium: 76.87mg (2.2%), Vitamin B1: 0.03mg (2.12%), Zinc: 0.29mg (1.97%), Selenium: 1.25µg (1.79%), Folate: 6.87µg (1.72%), Vitamin C: 0.89mg (1.08%)