



Asian Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



61 kcal

SEASONING

MARINADE

Ingredients

- 1 teaspoon ginger fresh grated
- 3 garlic clove minced
- 1 small onion diced
- 0.5 cup vegetable oil; peanut oil preferred
- 1 teaspoon pepper
- 0.3 cup rice vinegar
- 1 teaspoon salt
- 2 tablespoons soya sauce

2 teaspoons sugar

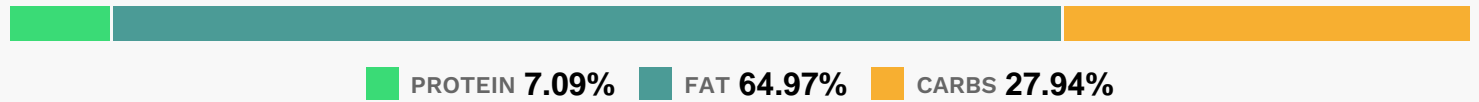
Equipment

Directions

Stir together all ingredients.

*White wine vinegar may be substituted for rice wine vinegar.

Nutrition Facts



Properties

Glycemic Index:47.82, Glycemic Load:1.69, Inflammation Score:-1, Nutrition Score:1.4908695656644%

Flavonoids

Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg, Isorhamnetin: 0.7mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 60.57kcal (3.03%), Fat: 4.37g (6.73%), Saturated Fat: 0.74g (4.65%), Carbohydrates: 4.23g (1.41%), Net Carbohydrates: 3.79g (1.38%), Sugar: 2.35g (2.61%), Cholesterol: 0mg (0%), Sodium: 868.56mg (37.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.15%), Manganese: 0.14mg (7.21%), Vitamin E: 0.69mg (4.58%), Vitamin B6: 0.06mg (2.77%), Vitamin C: 1.62mg (1.96%), Fiber: 0.44g (1.77%), Phosphorus: 17.45mg (1.75%), Vitamin B3: 0.32mg (1.6%), Iron: 0.28mg (1.57%), Potassium: 50.28mg (1.44%), Magnesium: 5.73mg (1.43%), Copper: 0.03mg (1.4%), Calcium: 10.82mg (1.08%), Vitamin B2: 0.02mg (1.05%), Folate: 4.12µg (1.03%)