



Beef or Chicken Marinade

 Vegetarian  Gluten Free  Dairy Free

READY IN



250 min.

SERVINGS



6

CALORIES



93 kcal

SEASONING

MARINADE

Ingredients

- 1.5 teaspoons garlic powder
- 2 green onions chopped
- 1.5 teaspoons ground ginger
- 1 teaspoon coarsely ground pepper black
- 3 tablespoons honey
- 0.3 cup soya sauce
- 0.8 cup vegetable oil
- 2 tablespoons distilled vinegar white

Equipment

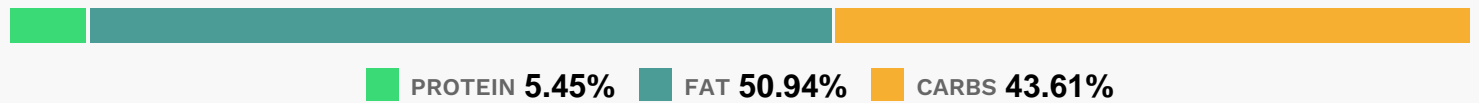
bowl

Directions

In a large bowl, mix soy sauce, honey, distilled white vinegar, garlic powder, ground ginger, vegetable oil, green onions and black pepper.

Place desired meat in marinade. Marinate in the refrigerator at least 4 hours before grilling.

Nutrition Facts



Properties

Glycemic Index:31.05, Glycemic Load:4.71, Inflammation Score:-1, Nutrition Score:2.5934782028198%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 93.13kcal (4.66%), Fat: 5.5g (8.47%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 10.18g (3.7%), Sugar: 8.92g (9.91%), Cholesterol: 0mg (0%), Sodium: 541.8mg (23.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Vitamin K: 18.86µg (17.96%), Manganese: 0.28mg (14.12%), Vitamin E: 0.48mg (3.18%), Iron: 0.51mg (2.83%), Vitamin B3: 0.47mg (2.37%), Vitamin B6: 0.04mg (2.04%), Phosphorus: 19.15mg (1.92%), Magnesium: 7.15mg (1.79%), Fiber: 0.42g (1.7%), Potassium: 57.08mg (1.63%), Copper: 0.03mg (1.57%), Vitamin B2: 0.02mg (1.43%), Folate: 4.98µg (1.25%)