



Best Ever Beef Marinade



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



77 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 cup dijon mustard
- ☐ 1 clove garlic minced
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 0.5 cup juice of lemon
- ☐ 0.8 cup soya sauce
- ☐ 1 cup vegetable oil
- ☐ 0.3 cup worcestershire sauce

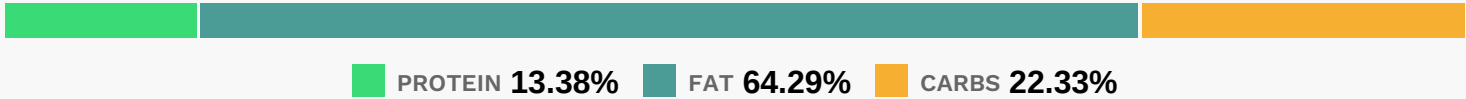
Equipment

whisk

Directions

Whisk vegetable oil, soy sauce, lemon juice, Worcestershire sauce, Dijon mustard, and garlic. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:13.63, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:3.4034782246403%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 76.76kcal (3.84%), Fat: 5.78g (8.89%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 4.51g (1.5%), Net Carbohydrates: 3.93g (1.43%), Sugar: 1.73g (1.92%), Cholesterol: 0mg (0%), Sodium: 1412.5mg (61.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.41%), Vitamin K: 10.4µg (9.9%), Vitamin C: 7.17mg (8.69%), Manganese: 0.16mg (8.09%), Iron: 1.13mg (6.26%), Vitamin B3: 0.98mg (4.9%), Phosphorus: 43.79mg (4.38%), Selenium: 2.94µg (4.19%), Potassium: 145.07mg (4.14%), Magnesium: 14.73mg (3.68%), Vitamin E: 0.5mg (3.36%), Vitamin B2: 0.05mg (3.07%), Vitamin B6: 0.06mg (3.04%), Copper: 0.06mg (2.86%), Vitamin B1: 0.04mg (2.54%), Fiber: 0.59g (2.35%), Folate: 8.23µg (2.06%), Calcium: 20.48mg (2.05%), Vitamin B5: 0.13mg (1.29%), Zinc: 0.17mg (1.15%)