



Best Ever Kabob Marinade



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



152 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 cup tomato-based chili sauce
- ☐ 1 tablespoon ground cumin to taste
- ☐ 0.5 cup honey
- ☐ 0.5 cup soya sauce
- ☐ 2 tablespoons vegetable oil

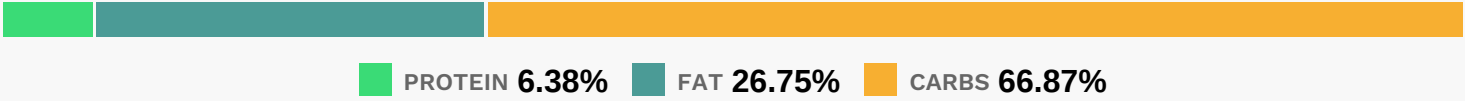
Equipment

- ☐ bowl
- ☐ whisk

Directions

☐ Whisk honey, soy sauce, chili sauce, cumin, and vegetable oil together in a bowl.

Nutrition Facts



Properties

Glycemic Index:12.05, Glycemic Load:12.29, Inflammation Score:-1, Nutrition Score:2.9234782612842%

Nutrients (% of daily need)

Calories: 151.77kcal (7.59%), Fat: 4.81g (7.4%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 27.05g (9.02%), Net Carbohydrates: 26.46g (9.62%), Sugar: 25.06g (27.84%), Cholesterol: 0mg (0%), Sodium: 1235.19mg (53.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.58g (5.16%), Vitamin K: 8.98µg (8.55%), Manganese: 0.15mg (7.62%), Iron: 1.33mg (7.41%), Vitamin B3: 1.03mg (5.13%), Vitamin E: 0.62mg (4.15%), Phosphorus: 37.17mg (3.72%), Vitamin B6: 0.07mg (3.4%), Magnesium: 13.32mg (3.33%), Potassium: 115.64mg (3.3%), Vitamin B2: 0.05mg (3.02%), Copper: 0.06mg (2.99%), Vitamin C: 2.04mg (2.47%), Fiber: 0.59g (2.36%), Vitamin B1: 0.03mg (1.86%), Vitamin A: 90.05IU (1.8%), Calcium: 17.15mg (1.71%), Zinc: 0.21mg (1.41%), Folate: 5.17µg (1.29%)