



Bob's Teriyaki Sauce and Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



54 kcal

SEASONING

MARINADE

Ingredients

- 0.3 teaspoon ginger puree
- 0.5 cup mirin
- 0.5 cup sake
- 0.5 cup soya sauce
- 2 teaspoons sugar white

Equipment

- sauce pan

Directions

- Bring the soy sauce, mirin, sake, sugar, and ginger puree to a boil in a saucepan. Reduce heat to medium low. For a marinade, remove from heat and allow to cool. For a thicker sauce, mix cornstarch and water to form a smooth paste and stir into the mixture; allow to simmer until thickened, about 2 minutes.

Nutrition Facts

PROTEIN 15.57% **FAT 0.4%** **CARBS 84.03%**

Properties

Glycemic Index:12.51, Glycemic Load:0.8, Inflammation Score:-1, Nutrition Score:0.89130434264307%

Nutrients (% of daily need)

Calories: 54.38kcal (2.72%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.01%), Carbohydrates: 8.64g (2.88%), Net Carbohydrates: 8.52g (3.1%), Sugar: 4.72g (5.24%), Cholesterol: 0mg (0%), Sodium: 923.13mg (40.14%), Alcohol: 3.89g (100%), Alcohol %: 10.88% (100%), Protein: 1.6g (3.2%), Manganese: 0.07mg (3.63%), Vitamin B3: 0.57mg (2.87%), Iron: 0.36mg (2.01%), Phosphorus: 19.77mg (1.98%), Magnesium: 6.73mg (1.68%), Vitamin B6: 0.03mg (1.45%), Vitamin B2: 0.02mg (1.31%), Copper: 0.02mg (1.06%)