



## Bowler Beef Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



158 kcal

SEASONING

MARINADE

## Ingredients

- 1.5 tablespoons brown sugar
- 2 tablespoons ginger root fresh minced
- 2 tablespoons garlic minced
- 1.5 tablespoons ground mustard
- 0.3 cup olive oil
- 0.3 cup orange juice
- 0.3 cup rice wine vinegar
- 0.8 cup soya sauce

# Equipment

bowl

# Directions

- In a medium bowl, stir together soy sauce, vinegar, olive oil, orange juice, ginger, garlic, mustard, and brown sugar.
- Pour over meat in a shallow container. Make sure all meat is submerged in marinade. Cover, and refrigerate for at least 6 hours.

# Nutrition Facts

**PROTEIN 9.49%** **FAT 71.16%** **CARBS 19.35%**

# Properties

Glycemic Index:27, Glycemic Load:1.24, Inflammation Score:-2, Nutrition Score:4.4408695049908%

# Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

# Nutrients (% of daily need)

Calories: 157.72kcal (7.89%), Fat: 12.72g (19.57%), Saturated Fat: 1.7g (10.65%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 7.21g (2.62%), Sugar: 4.75g (5.28%), Cholesterol: 0mg (0%), Sodium: 1622.35mg (70.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.63%), Manganese: 0.25mg (12.36%), Vitamin E: 1.83mg (12.2%), Vitamin C: 7.96mg (9.65%), Vitamin K: 7.38µg (7.03%), Vitamin B3: 1.32mg (6.62%), Selenium: 4.37µg (6.25%), Phosphorus: 59.95mg (6%), Iron: 1.03mg (5.72%), Vitamin B6: 0.11mg (5.42%), Magnesium: 21.64mg (5.41%), Potassium: 126.65mg (3.62%), Copper: 0.07mg (3.59%), Vitamin B2: 0.06mg (3.32%), Vitamin B1: 0.05mg (3.3%), Folate: 12.56µg (3.14%), Fiber: 0.58g (2.3%), Calcium: 20.42mg (2.04%), Zinc: 0.28mg (1.86%), Vitamin B5: 0.17mg (1.74%)