



Dad's Simple Steak Marinade



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



70 kcal

SEASONING

MARINADE

Ingredients

- ☐ 4 cloves garlic minced to taste
- ☐ 0.3 cup red wine
- ☐ 0.3 cup soya sauce
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup worcestershire sauce

Equipment

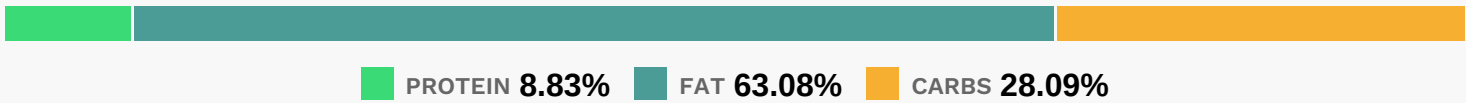
- ☐ bowl
- ☐ whisk

☐ ziploc bags

Directions

- ☐ Whisk together the vegetable oil, soy sauce, red wine, Worcestershire sauce, and garlic in a bowl, and pour into a resealable plastic bag.
- ☐ To use the marinade, place the meat in the bag, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator 8 hours to overnight. Discard the marinade after it has been used.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:2.3208695539962%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Malvidin: 1.66mg, Malvidin: 1.66mg, Malvidin: 1.66mg, Malvidin: 1.66mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg, Catechin: 0.86mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 69.87kcal (3.49%), Fat: 4.38g (6.74%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 4.39g (1.46%), Net Carbohydrates: 4.25g (1.55%), Sugar: 1.67g (1.86%), Cholesterol: 0mg (0%), Sodium: 827.61mg (35.98%), Alcohol: 1.27g (100%), Alcohol %: 2.62% (100%), Protein: 1.38g (2.76%), Vitamin K: 8.24µg (7.85%), Iron: 1.1mg (6.12%), Manganese: 0.11mg (5.69%), Potassium: 159.46mg (4.56%), Vitamin C: 2.54mg (3.07%), Vitamin B3: 0.6mg (2.99%), Vitamin B6: 0.06mg (2.99%), Phosphorus: 29.76mg (2.98%), Copper: 0.05mg (2.58%), Vitamin B2: 0.04mg (2.46%), Vitamin E: 0.37mg (2.46%), Calcium: 22.34mg (2.23%), Magnesium: 8.47mg (2.12%), Vitamin B1: 0.02mg (1.46%)