



Doreen's Steak Marinade



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



5

CALORIES



180 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 tablespoons ginger root fresh grated
- ☐ 1 clove garlic minced
- ☐ 2 tablespoons honey
- ☐ 0.3 cup cooking sherry
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup vegetable oil

Equipment

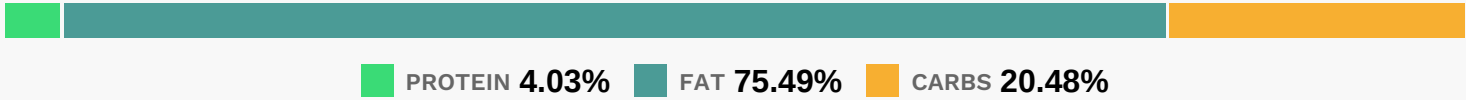
- ☐ bowl

Directions

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In a medium bowl, mix sherry, soy sauce, vegetable oil, honey, ginger, and garlic. Marinate steaks for at least 4 hours before grilling as desired.

Nutrition Facts



Properties

Glycemic Index:25.45, Glycemic Load:3.9, Inflammation Score:-1, Nutrition Score:2.7739130647286%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 179.54kcal (8.98%), Fat: 14.57g (22.42%), Saturated Fat: 2.22g (13.9%), Carbohydrates: 8.9g (2.97%), Net Carbohydrates: 8.69g (3.16%), Sugar: 7.37g (8.19%), Cholesterol: 0mg (0%), Sodium: 865.57mg (37.63%), Alcohol: 1.65g (100%), Alcohol %: 3.61% (100%), Protein: 1.75g (3.5%), Vitamin K: 26.8µg (25.53%), Vitamin E: 1.2mg (7.98%), Manganese: 0.12mg (5.95%), Vitamin B3: 0.66mg (3.32%), Iron: 0.48mg (2.65%), Vitamin B6: 0.05mg (2.64%), Phosphorus: 25.19mg (2.52%), Magnesium: 9.31mg (2.33%), Vitamin B2: 0.03mg (1.81%), Potassium: 62.54mg (1.79%), Copper: 0.03mg (1.63%)