



## Easy and Tasty All-Purpose Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



3 min.

SERVINGS



5

CALORIES



112 kcal

SEASONING

MARINADE

### Ingredients

- 3 cloves garlic crushed
- 0.3 cup olive oil
- 0.5 cup soya sauce
- 0.5 cup water

### Equipment

- bowl

## Directions

In a medium bowl, combine the garlic, soy sauce, olive oil and water; mix well. Marinate meat of your choice for at least 8 hours.

## Nutrition Facts

**PROTEIN 8.86%** **FAT 84.59%** **CARBS 6.55%**

## Properties

Glycemic Index:9, Glycemic Load:0.33, Inflammation Score:-1, Nutrition Score:2.3578260826028%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 112.07kcal (5.6%), Fat: 10.83g (16.66%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 1.89g (0.63%), Net Carbohydrates: 1.66g (0.61%), Sugar: 0.41g (0.46%), Cholesterol: 0mg (0%), Sodium: 1297.66mg (56.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.55g (5.11%), Vitamin E: 1.56mg (10.38%), Manganese: 0.15mg (7.29%), Vitamin K: 6.53µg (6.22%), Vitamin B3: 0.93mg (4.65%), Iron: 0.64mg (3.57%), Vitamin B6: 0.07mg (3.44%), Phosphorus: 32.91mg (3.29%), Magnesium: 9.97mg (2.49%), Vitamin B2: 0.04mg (2.19%), Copper: 0.04mg (2.02%), Potassium: 56.51mg (1.61%), Vitamin B1: 0.02mg (1.15%), Folate: 4.23µg (1.06%)