

**8%**  
HEALTH SCORE

## Flank Steak Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



245 min.

SERVINGS



1

CALORIES



121 kcal

SEASONING

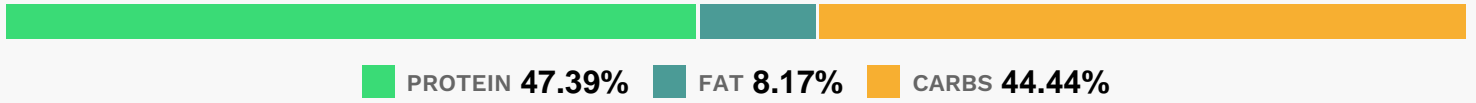
MARINADE

## Ingredients

- 1 teaspoon parsley dried
- 1 teaspoon ground mustard dry
- 1 garlic clove minced
- 0.3 cup juice of lemon
- 0.5 cup tamari sauce
- 0.5 cup rice vinegar (whatever you have on hand, i used rice wine vinegar)
- 0.5 cup water

# Equipment

## Nutrition Facts



### Properties

Glycemic Index:95, Glycemic Load:1.13, Inflammation Score:-4, Nutrition Score:10.406956521739%

### Flavonoids

Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg, Eriodictyol: 2.98mg Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg, Hesperetin: 8.83mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg, Apigenin: 4.5mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

### Nutrients (% of daily need)

Calories: 120.89kcal (6.04%), Fat: 1.01g (1.55%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 12.33g (4.11%), Net Carbohydrates: 10.88g (3.96%), Sugar: 3.73g (4.15%), Cholesterol: 0mg (0%), Sodium: 6490.06mg (282.18%), Protein: 13.14g (26.29%), Manganese: 0.77mg (38.26%), Vitamin C: 24.81mg (30.07%), Vitamin B3: 4.76mg (23.82%), Phosphorus: 182.37mg (18.24%), Iron: 3.11mg (17.25%), Vitamin B6: 0.31mg (15.31%), Magnesium: 61.07mg (15.27%), Vitamin B2: 0.2mg (11.55%), Copper: 0.22mg (10.78%), Potassium: 340.77mg (9.74%), Folate: 36.59µg (9.15%), Selenium: 6.23µg (8.9%), Vitamin B1: 0.11mg (7.03%), Fiber: 1.44g (5.78%), Vitamin B5: 0.55mg (5.51%), Calcium: 49.95mg (4.99%), Zinc: 0.72mg (4.77%), Vitamin K: 1.52µg (1.45%), Vitamin E: 0.2mg (1.36%)