



Ginger Garlic Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



27 kcal

SEASONING

MARINADE

Ingredients

- 0.3 cup soya sauce
- 0.3 cup chili sauce
- 0.3 cup sherry dry
- 2 cloves garlic finely chopped
- 1 tablespoon ginger grated

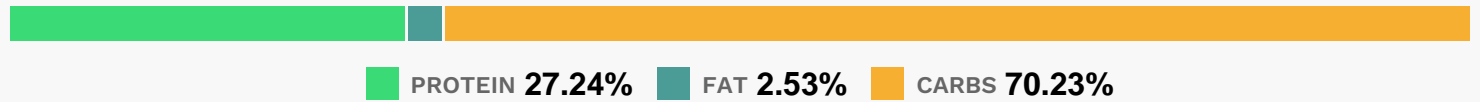
Equipment

- grill

Directions

- Mix all ingredients in shallow glass dish or resealable plastic food- storage bag.
- Add 1 to 2 pounds boneless beef, pork, chicken or fish; turn to coat with marinade. Cover dish or seal bag and refrigerate at least 30 minutes but no longer than 24 hours.
- Remove meat from marinade; reserve marinade. Grill meat as desired, brushing occasionally with marinade.
- Heat remaining marinade to boiling; boil and stir 1 minute.
- Serve with grilled meat.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:1.4534782637721%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 26.89kcal (1.34%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 3.59g (1.2%), Net Carbohydrates: 3.19g (1.16%), Sugar: 1.8g (2%), Cholesterol: 0mg (0%), Sodium: 693.23mg (30.14%), Alcohol: 1.03g (100%), Alcohol %: 3.93% (100%), Protein: 1.39g (2.78%), Manganese: 0.08mg (3.97%), Vitamin B3: 0.59mg (2.95%), Vitamin B6: 0.06mg (2.84%), Vitamin C: 2.19mg (2.65%), Potassium: 78.53mg (2.24%), Phosphorus: 22.21mg (2.22%), Iron: 0.37mg (2.07%), Magnesium: 6.98mg (1.75%), Copper: 0.03mg (1.69%), Fiber: 0.39g (1.58%), Vitamin A: 77.44IU (1.55%), Vitamin B2: 0.03mg (1.51%), Vitamin E: 0.22mg (1.48%), Vitamin B1: 0.02mg (1.25%)