



Ginger-Molasses Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



64

CALORIES



7 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 teaspoon ground ginger
- ☐ 0.5 cup soy sauce low-sodium
- ☐ 0.3 cup blackstrap molasses
- ☐ 1 tablespoon olive oil

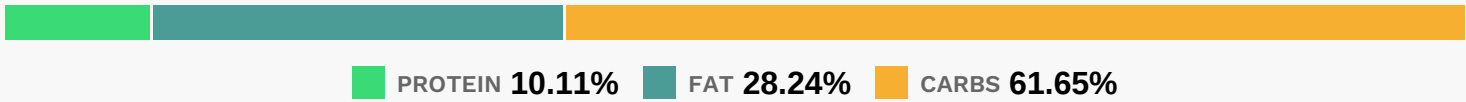
Equipment

Directions

☐

Combine all ingredients; stir well.

Nutrition Facts



Properties

Glycemic Index:0.69, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:0.34956521864818%

Nutrients (% of daily need)

Calories: 6.99kcal (0.35%), Fat: 0.23g (0.35%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 1.1g (0.4%), Sugar: 0.99g (1.1%), Cholesterol: 0mg (0%), Sodium: 72.22mg (3.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.37%), Manganese: 0.04mg (1.95%), Magnesium: 4.63mg (1.16%)