



Ginger-Soy



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons sherry dry
- ☐ 2 tablespoons ginger fresh minced
- ☐ 2 teaspoons garlic minced
- ☐ 0.5 cup soya sauce
- ☐ 4 teaspoons sugar

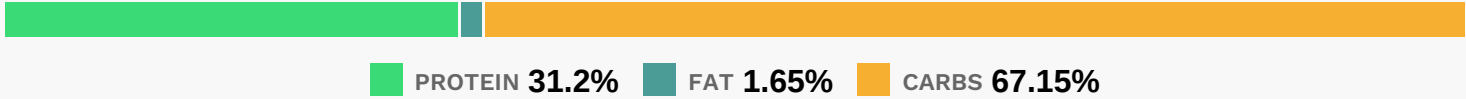
Equipment

- ☐ bowl

Directions

☐ In a small bowl, mix soy sauce, sherry, ginger, sugar, and garlic.

Nutrition Facts



Properties

Glycemic Index:72.55, Glycemic Load:6.5, Inflammation Score:-2, Nutrition Score:4.2400000254907%

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: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 87.97kcal (4.4%), Fat: 0.15g (0.23%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 13.83g (4.61%), Net Carbohydrates: 13.16g (4.78%), Sugar: 9.26g (10.29%), Cholesterol: 0mg (0%), Sodium: 3242.13mg (140.96%), Alcohol: 1.54g (100%), Alcohol %: 2.15% (100%), Protein: 6.42g (12.85%), Manganese: 0.37mg (18.67%), Vitamin B3: 2.38mg (11.91%), Vitamin B6: 0.17mg (8.6%), Phosphorus: 85.07mg (8.51%), Iron: 1.52mg (8.43%), Magnesium: 28.46mg (7.11%), Vitamin B2: 0.1mg (5.74%), Copper: 0.1mg (5.21%), Potassium: 174.85mg (5%), Folate: 11.45µg (2.86%), Vitamin B1: 0.04mg (2.85%), Fiber: 0.67g (2.67%), Vitamin B5: 0.26mg (2.57%), Zinc: 0.33mg (2.18%), Calcium: 19.58mg (1.96%), Vitamin C: 1.29mg (1.56%), Selenium: 1µg (1.43%)