

Kentucky Bourbon Marinade

 Vegetarian  Vegan  Dairy Free

READY IN

ready

5 min.

SERVINGS

servings

9

CALORIES

calories

33 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.3 cup kentucky bourbon
- ☐ 1 teaspoon garlic minced to taste
- ☐ 0.3 cup pineapple juice concentrate frozen undiluted thawed
- ☐ 0.3 cup soya sauce
- ☐ 1 cup water

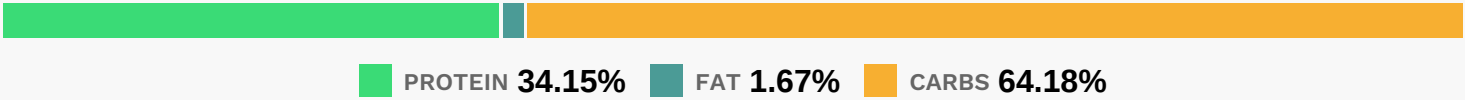
Equipment

- ☐ bowl

Directions

- ☐ In a glass or ceramic bowl, stir together the bourbon, pineapple juice concentrate, soy sauce, cider vinegar, water, garlic, ginger, and hot pepper sauce.
- ☐ Add desired meat to dish and turn to coat. Marinate in the refrigerator before grilling as desired. Discard marinade after using.

Nutrition Facts



Properties

Glycemic Index:16.22, Glycemic Load:0.63, Inflammation Score:-1, Nutrition Score:0.9173913087048%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 32.68kcal (1.63%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.01%), Carbohydrates: 1.8g (0.6%), Net Carbohydrates: 1.7g (0.62%), Sugar: 1.06g (1.17%), Cholesterol: 0mg (0%), Sodium: 482.06mg (20.96%), Alcohol: 2.97g (100%), Alcohol %: 6.1% (100%), Protein: 0.96g (1.91%), Manganese: 0.12mg (5.81%), Vitamin B3: 0.36mg (1.8%), Vitamin B6: 0.03mg (1.51%), Iron: 0.26mg (1.44%), Phosphorus: 13.44mg (1.34%), Magnesium: 5.27mg (1.32%), Copper: 0.03mg (1.27%), Vitamin C: 0.98mg (1.19%), Potassium: 37.56mg (1.07%)