



Korean Barbecue Wet Rub



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



101 kcal

SEASONING

MARINADE

Ingredients

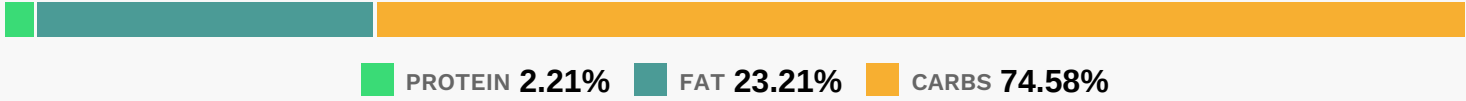
- ☐ 0.3 cup brown sugar packed
- ☐ 2 teaspoons sesame oil dark
- ☐ 4 garlic cloves minced
- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 1 teaspoon salt

Equipment

Directions

☐ Combine all ingredients. Refrigerate in an airtight container for up to 1 week.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:1.041739118245%

Flavonoids

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: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 101.1kcal (5.05%), Fat: 2.7g (4.15%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 19.5g (6.5%), Net Carbohydrates: 19.39g (7.05%), Sugar: 17.84g (19.82%), Cholesterol: 0mg (0%), Sodium: 900.97mg (39.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.58g (1.16%), Manganese: 0.09mg (4.74%), Vitamin B6: 0.06mg (3.12%), Calcium: 23.94mg (2.39%), Vitamin C: 1.25mg (1.51%), Potassium: 52.32mg (1.49%), Iron: 0.25mg (1.39%), Phosphorus: 12.39mg (1.24%), Magnesium: 4.97mg (1.24%), Selenium: 0.81µg (1.15%), Copper: 0.02mg (1.14%)