



Korean BBQ Chicken Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



25 min.

SERVINGS



3

CALORIES



316 kcal

SEASONING

MARINADE

Ingredients

- 4 teaspoons chile paste hot
- 1 teaspoon ground ginger
- 1 tablespoon juice of lemon
- 1 teaspoon onion powder
- 1 cup soya sauce
- 1 cup water
- 1 cup sugar white

Equipment

sauce pan

whisk

Directions

- In a medium saucepan over high heat, whisk together the sugar, soy sauce, water, onion powder, and ground ginger. Bring to a boil. Reduce heat to low, and simmer 5 minutes.
- Remove the mixture from heat, cool, and whisk in lemon juice and hot chile paste.
- Place chicken in the mixture. Cover, and marinate in the refrigerator at least 4 hours before preparing chicken as desired.

Nutrition Facts

 **PROTEIN 10.14%**  **FAT 0.97%**  **CARBS 88.89%**

Properties

Glycemic Index:28.36, Glycemic Load:47.09, Inflammation Score:-2, Nutrition Score:5.8304347706878%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 315.61kcal (15.78%), Fat: 0.36g (0.55%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 73.97g (24.66%), Net Carbohydrates: 73.11g (26.59%), Sugar: 68.64g (76.26%), Cholesterol: 0mg (0%), Sodium: 4326.5mg (188.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.88%), Manganese: 0.62mg (30.99%), Vitamin B3: 3.23mg (16.16%), Iron: 2.09mg (11.61%), Phosphorus: 107.67mg (10.77%), Vitamin B6: 0.18mg (8.83%), Magnesium: 35mg (8.75%), Vitamin B2: 0.14mg (8.08%), Copper: 0.14mg (6.91%), Potassium: 210.46mg (6.01%), Folate: 16.1µg (4.03%), Vitamin C: 3.16mg (3.83%), Vitamin B1: 0.06mg (3.75%), Fiber: 0.86g (3.45%), Vitamin B5: 0.31mg (3.05%), Zinc: 0.41mg (2.74%), Calcium: 23.45mg (2.35%), Selenium: 1.56µg (2.23%)