



## Korean Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



115 kcal

SEASONING

MARINADE

### Ingredients

- 1 tablespoon ginger fresh minced
- 1 tablespoon garlic minced
- 1 tablespoon asian sesame oil toasted ()
- 6 tablespoons soya sauce
- 3 tablespoons sugar

### Equipment

- bowl

## Directions

In a small bowl, mix soy sauce, sugar, minced garlic, fresh ginger, and Asian (toasted) sesame oil.

## Nutrition Facts

**PROTEIN 13.32%** **FAT 35.8%** **CARBS 50.88%**

## Properties

Glycemic Index:43.36, Glycemic Load:8.94, Inflammation Score:-1, Nutrition Score:2.63304347059%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 114.89kcal (5.74%), Fat: 4.77g (7.34%), Saturated Fat: 0.67g (4.21%), Carbohydrates: 15.25g (5.08%), Net Carbohydrates: 14.86g (5.41%), Sugar: 12.65g (14.06%), Cholesterol: 0mg (0%), Sodium: 2011.84mg (87.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (7.99%), Manganese: 0.23mg (11.5%), Vitamin B3: 1.46mg (7.29%), Vitamin B6: 0.11mg (5.44%), Phosphorus: 51.67mg (5.17%), Iron: 0.92mg (5.12%), Magnesium: 16.07mg (4.02%), Vitamin B2: 0.06mg (3.57%), Copper: 0.06mg (3.13%), Potassium: 96.94mg (2.77%), Vitamin B1: 0.03mg (1.81%), Folate: 6.82µg (1.7%), Vitamin B5: 0.16mg (1.56%), Fiber: 0.39g (1.56%), Zinc: 0.19mg (1.3%), Calcium: 12.52mg (1.25%), Vitamin C: 0.95mg (1.15%), Selenium: 0.75µg (1.08%)