



Maple-Bourbon Marinade



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



178 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.7 cup bourbon
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 1 cup maple syrup

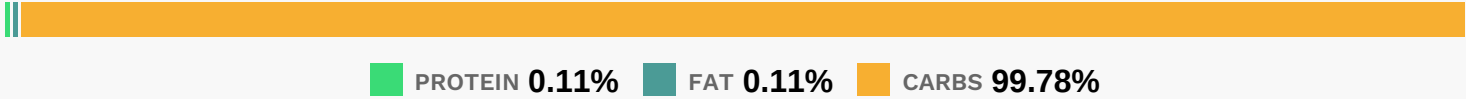
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a medium bowl; stir well. Use to marinate chicken, beef, or pork.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:11.35, Inflammation Score:-1, Nutrition Score:4.6678261046662%

Nutrients (% of daily need)

Calories: 177.83kcal (8.89%), Fat: 0.02g (0.02%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 31.2g (10.4%), Net Carbohydrates: 31.12g (11.31%), Sugar: 27.57g (30.63%), Cholesterol: 0mg (0%), Sodium: 4.44mg (0.19%), Alcohol: 7.63g (100%), Alcohol %: 13.99% (100%), Protein: 0.03g (0.07%), Manganese: 1.1mg (54.96%), Vitamin B2: 0.59mg (34.47%), Calcium: 51.46mg (5.15%), Potassium: 108.47mg (3.1%), Magnesium: 10.2mg (2.55%), Zinc: 0.34mg (2.24%), Vitamin B1: 0.03mg (2.14%)