



Marinade for Steak II



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



185 min.

SERVINGS



6

CALORIES



112 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon ground ginger
- ☐ 1 tablespoon ground pepper black
- ☐ 0.5 cup catsup
- ☐ 0.5 cup blackstrap molasses
- ☐ 1 dash pepper sauce hot to taste
- ☐ 1 tablespoon distilled vinegar white

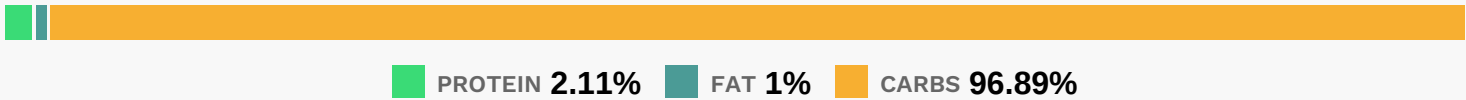
Equipment

☐ bowl

Directions

- ☐ In a medium bowl, mix molasses, ketchup, ground ginger, thyme, black pepper, distilled white vinegar, hot pepper sauce and garlic powder.
- ☐ Place desired meat in mixture. Marinate in the refrigerator 3 hours or longer before grilling.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:9.41, Inflammation Score:-6, Nutrition Score:6.4760870544807%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 112.18kcal (5.61%), Fat: 0.13g (0.2%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 28.75g (9.58%), Net Carbohydrates: 28.15g (10.24%), Sugar: 25.31g (28.12%), Cholesterol: 0mg (0%), Sodium: 193.54mg (8.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.63g (1.25%), Manganese: 0.87mg (43.74%), Magnesium: 75.64mg (18.91%), Potassium: 508.52mg (14.53%), Vitamin B6: 0.25mg (12.56%), Iron: 1.79mg (9.96%), Copper: 0.18mg (9.01%), Selenium: 5.98µg (8.55%), Calcium: 68.52mg (6.85%), Vitamin B3: 0.66mg (3.28%), Vitamin B5: 0.26mg (2.64%), Vitamin A: 124.18IU (2.48%), Fiber: 0.6g (2.39%), Vitamin B2: 0.04mg (2.38%), Phosphorus: 22.87mg (2.29%), Vitamin K: 2.25µg (2.14%), Vitamin E: 0.31mg (2.08%), Vitamin C: 1.39mg (1.68%), Vitamin B1: 0.02mg (1.41%), Zinc: 0.2mg (1.36%)