



Mint Marinade



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



158 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon gingerroot grated peeled
- ☐ 3 tablespoons hoisin sauce
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 0.3 cup blackstrap molasses
- ☐ 2 tablespoons water
- ☐ 0.3 cup spearmint fresh minced
- ☐ 0.3 cup spearmint fresh minced

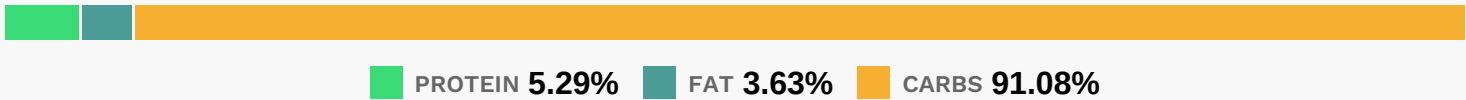
Equipment

☐ bowl

Directions

☐ Combine all ingredients in a small bowl; stir well. Use immediately or store in refrigerator. Use to marinate beef, pork, or lamb.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:12.55, Inflammation Score:-4, Nutrition Score:7.2956521590443%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 157.76kcal (7.89%), Fat: 0.66g (1.01%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 37g (12.33%), Net Carbohydrates: 36.35g (13.22%), Sugar: 32.48g (36.09%), Cholesterol: 0.48mg (0.16%), Sodium: 850.2mg (36.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.29%), Manganese: 0.72mg (36.01%), Magnesium: 107.1mg (26.77%), Potassium: 639.75mg (18.28%), Vitamin B6: 0.31mg (15.75%), Iron: 2.19mg (12.18%), Copper: 0.22mg (11.18%), Selenium: 7.33µg (10.48%), Calcium: 90.97mg (9.1%), Phosphorus: 48.1mg (4.81%), Vitamin B2: 0.08mg (4.52%), Vitamin B5: 0.38mg (3.8%), Vitamin B3: 0.75mg (3.75%), Folate: 11.04µg (2.76%), Fiber: 0.65g (2.59%), Zinc: 0.32mg (2.12%), Vitamin B1: 0.03mg (1.8%)