



Miso Wet Rub



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



81 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 cup miso yellow

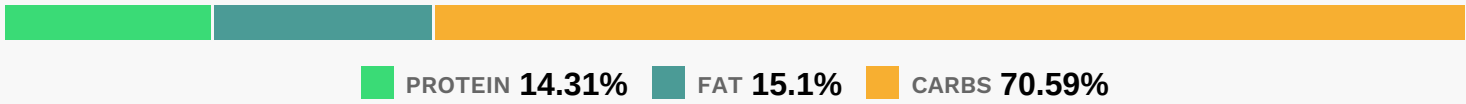
Equipment

- ☐ whisk

Directions

☐ Combine all ingredients, stirring well with a whisk.

Nutrition Facts



Properties

Glycemic Index:52.57, Glycemic Load:7.36, Inflammation Score:-1, Nutrition Score:2.6765217521916%

Nutrients (% of daily need)

Calories: 80.53kcal (4.03%), Fat: 1.41g (2.17%), Saturated Fat: 0.24g (1.51%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 13.53g (4.92%), Sugar: 10.09g (11.21%), Cholesterol: 0mg (0%), Sodium: 855.64mg (37.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.02%), Manganese: 0.22mg (10.81%), Vitamin K: 6.82µg (6.49%), Fiber: 1.33g (5.31%), Copper: 0.1mg (5.25%), Zinc: 0.62mg (4.13%), Phosphorus: 38.14mg (3.81%), Iron: 0.64mg (3.54%), Vitamin B2: 0.06mg (3.48%), Magnesium: 12.23mg (3.06%), Vitamin B6: 0.05mg (2.7%), Selenium: 1.75µg (2.5%), Potassium: 63.53mg (1.82%), Vitamin B1: 0.02mg (1.55%), Calcium: 14.64mg (1.46%), Vitamin A: 71.95IU (1.44%), Vitamin B3: 0.24mg (1.22%), Folate: 4.89µg (1.22%)