



Misti's Chicken Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



370 kcal

SEASONING

MARINADE

Ingredients

- 0.5 teaspoon garlic powder
- 2 tablespoons lemon-pepper seasoning
- 0.3 cup blackstrap molasses
- 0.5 teaspoon onion powder
- 2 tablespoons soya sauce
- 2 cups vegetable oil
- 0.8 cup distilled vinegar white

Equipment

bowl

whisk

Directions

Whisk together the oil, vinegar, molasses, soy sauce, lemon-pepper seasoning, garlic powder, and onion powder in a bowl.

To use, marinate chicken for at least 8 hours before cooking as desired.

Nutrition Facts



PROTEIN 1.94% **FAT 71.17%** **CARBS 26.89%**

Properties

Glycemic Index:48.67, Glycemic Load:9.84, Inflammation Score:-5, Nutrition Score:10.103913036701%

Nutrients (% of daily need)

Calories: 369.9kcal (18.49%), Fat: 29.24g (44.99%), Saturated Fat: 4.5g (28.11%), Carbohydrates: 24.86g (8.29%), Net Carbohydrates: 23.65g (8.6%), Sugar: 21.27g (23.63%), Cholesterol: 0mg (0%), Sodium: 683.33mg (29.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.59%), Vitamin K: 60.02µg (57.16%), Manganese: 1.04mg (52.2%), Magnesium: 81mg (20.25%), Vitamin E: 2.42mg (16.16%), Potassium: 499.14mg (14.26%), Vitamin B6: 0.23mg (11.72%), Iron: 2.07mg (11.48%), Copper: 0.21mg (10.73%), Calcium: 83.19mg (8.32%), Selenium: 5.78µg (8.25%), Fiber: 1.2g (4.81%), Vitamin B3: 0.79mg (3.93%), Phosphorus: 36.32mg (3.63%), Vitamin B5: 0.33mg (3.33%), Vitamin B1: 0.03mg (1.77%), Vitamin B2: 0.03mg (1.59%), Zinc: 0.22mg (1.44%)