



Molasses Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



140 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 2 tablespoons catsup reduced-calorie
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup blackstrap molasses
- ☐ 1.3 teaspoons pepper dried red crushed
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vegetable oil

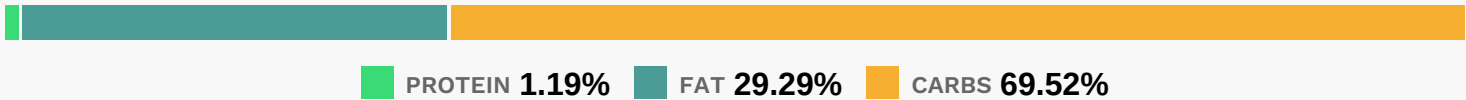
Equipment

☐ bowl

Directions

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

Nutrition Facts



Properties

Glycemic Index:26.33, Glycemic Load:9.42, Inflammation Score:-5, Nutrition Score:6.2430434304735%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg 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: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 140.4kcal (7.02%), Fat: 4.8g (7.38%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 25.63g (8.54%), Net Carbohydrates: 25.2g (9.17%), Sugar: 23.45g (26.05%), Cholesterol: 0mg (0%), Sodium: 309.55mg (13.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Manganese: 0.5mg (25%), Magnesium: 72.83mg (18.21%), Potassium: 478.69mg (13.68%), Vitamin B6: 0.25mg (12.61%), Iron: 1.77mg (9.84%), Vitamin K: 9.57µg (9.11%), Copper: 0.16mg (8.21%), Selenium: 5.55µg (7.93%), Calcium: 69.26mg (6.93%), Vitamin A: 303.4IU (6.07%), Vitamin C: 4.94mg (5.98%), Vitamin E: 0.86mg (5.75%), Vitamin B3: 0.54mg (2.7%), Vitamin B5: 0.26mg (2.63%), Phosphorus: 19.33mg (1.93%), Vitamin B2: 0.03mg (1.75%), Fiber: 0.43g (1.71%), Vitamin B1: 0.02mg (1.55%), Zinc: 0.18mg (1.19%)