



## Molasses Marinade for Beef



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



9

CALORIES



148 kcal

SEASONING

MARINADE

### Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 1 tablespoon garlic powder
- ☐ 1 cup catsup
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup blackstrap molasses
- ☐ 3 rings onion
- ☐ 0.5 teaspoon onion powder
- ☐ 1 tablespoon oregano dried

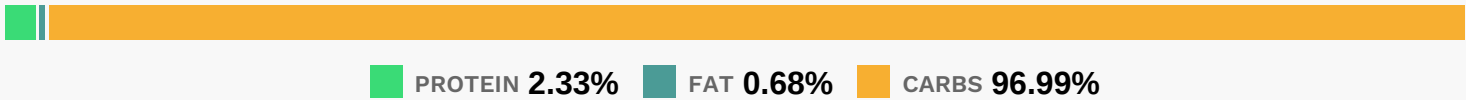
# Equipment

☐ bowl

# Directions

- ☐ Combine the molasses, brown sugar, ketchup, lemon juice, oregano, garlic powder, onion powder, and onion in a bowl; stir to combine.
- ☐ Pour marinade over meat and allow to sit in the refrigerator overnight before cooking.

# Nutrition Facts



# Properties

Glycemic Index:9, Glycemic Load:6.95, Inflammation Score:-7, Nutrition Score:5.4491304366485%

# Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg, Quercetin: 7.68mg

# Nutrients (% of daily need)

Calories: 147.5kcal (7.37%), Fat: 0.12g (0.18%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 37.94g (12.65%), Net Carbohydrates: 36.9g (13.42%), Sugar: 33.17g (36.85%), Cholesterol: 0mg (0%), Sodium: 254.45mg (11.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Manganese: 0.41mg (20.3%), Magnesium: 55.95mg (13.99%), Potassium: 438.48mg (12.53%), Vitamin B6: 0.24mg (11.93%), Iron: 1.4mg (7.78%), Copper: 0.14mg (7.15%), Calcium: 71.06mg (7.11%), Selenium: 4.1µg (5.86%), Vitamin C: 4.5mg (5.46%), Vitamin K: 4.41µg (4.2%), Fiber: 1.04g (4.17%), Vitamin B2: 0.06mg (3.47%), Vitamin E: 0.51mg (3.38%), Vitamin B3: 0.65mg (3.23%), Vitamin A: 147.08IU (2.94%), Folate: 11.63µg (2.91%), Phosphorus: 28.85mg (2.89%), Vitamin B5: 0.24mg (2.39%), Vitamin B1: 0.03mg (2.22%), Zinc: 0.21mg (1.42%)