



Old Kentucky Bourbon Marinade

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



138 kcal

SEASONING

MARINADE

Ingredients

- 0.5 cup bourbon
- 0.3 cup corn oil
- 4 garlic cloves minced
- 0.5 teaspoon ground ginger
- 1 teaspoon ground pepper white
- 3 tablespoons coarsely ground pepper black
- 2 tablespoons brown sugar light
- 0.8 cup soya sauce

- 1 tablespoon spicy brown mustard
- 0.3 cup worcestershire sauce

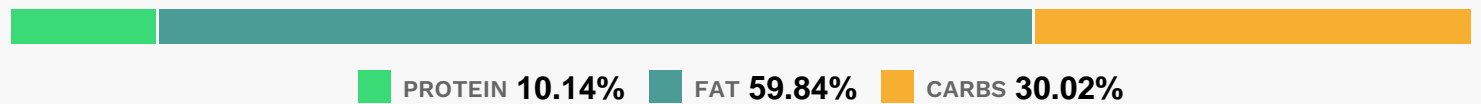
Equipment

- bowl
- whisk

Directions

- Whisk together all ingredients and 1/4 cup water in a bowl.
- Note: We tested with Old Forester Kentucky Straight Bourbon
- Whisky.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.58, Inflammation Score:-2, Nutrition Score:3.9573913048143%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 137.78kcal (6.89%), Fat: 7.18g (11.04%), Saturated Fat: 0.61g (3.79%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 7.16g (2.6%), Sugar: 4.2g (4.67%), Cholesterol: 0mg (0%), Sodium: 1349.04mg (58.65%), Alcohol: 5.01g (100%), Alcohol %: 10.35% (100%), Protein: 2.74g (5.47%), Manganese: 0.49mg (24.27%), Iron: 1.33mg (7.42%), Vitamin E: 1.08mg (7.18%), Vitamin K: 6.78µg (6.46%), Vitamin B3: 0.98mg (4.92%), Potassium: 159.71mg (4.56%), Copper: 0.09mg (4.49%), Phosphorus: 42.68mg (4.27%), Magnesium: 15.7mg (3.93%), Fiber: 0.94g (3.75%), Vitamin B6: 0.07mg (3.62%), Vitamin B2: 0.05mg (3.08%), Calcium: 30.7mg (3.07%), Vitamin C: 1.65mg (2%), Vitamin B1: 0.03mg (1.92%), Selenium: 1.29µg (1.84%), Vitamin B5: 0.13mg (1.32%), Folate: 5.23µg (1.31%), Zinc: 0.18mg (1.2%)