



Pork Butt Injection Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



56 kcal

SEASONING

MARINADE

Ingredients

- 0.3 cup apple juice
- 1.5 tablespoons salt
- 0.3 cup sugar
- 0.3 cup grape juice white

Equipment

- bowl

Directions

Stir together all ingredients in a medium bowl. Store in an airtight container in refrigerator up to 2 weeks.

Nutrition Facts

PROTEIN 0.54% **FAT 1.16%** **CARBS 98.3%**

Properties

Glycemic Index:22.17, Glycemic Load:7.73, Inflammation Score:-1, Nutrition Score:0.3756521763685%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 1.88mg, Malvidin: 1.88mg, Malvidin: 1.88mg, Malvidin: 1.88mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg, Epicatechin: 0.87mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 56.23kcal (2.81%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 14.32g (4.77%), Net Carbohydrates: 14.25g (5.18%), Sugar: 13.97g (15.52%), Cholesterol: 0mg (0%), Sodium: 2094.54mg (91.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Manganese: 0.06mg (2.92%)