



Pork Marinade

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

10 min.

SERVINGS

servings

2

CALORIES

calories

872 kcal

SEASONING

MARINADE

Ingredients

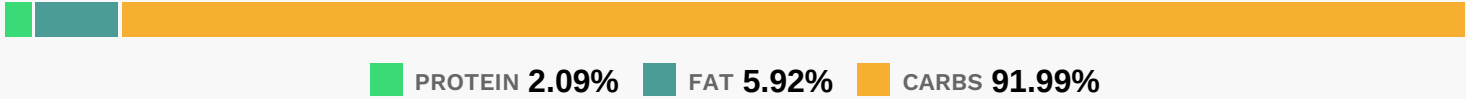
- ☐ 1.5 cups brown sugar
- ☐ 0.8 cup chile sauce
- ☐ 0.3 cup mustard dry
- ☐ 0.8 cup pineapple juice
- ☐ 2 teaspoons sugar white

Equipment

Directions

☐ Mix together dry mustard, brown sugar, chili sauce, pineapple juice and sugar and chill.

Nutrition Facts



Properties

Glycemic Index:58.05, Glycemic Load:7.95, Inflammation Score:-4, Nutrition Score:12.448260781558%

Nutrients (% of daily need)

Calories: 871.6kcal (43.58%), Fat: 5.78g (8.89%), Saturated Fat: 0.32g (1.99%), Carbohydrates: 202.14g (67.38%), Net Carbohydrates: 196.46g (71.44%), Sugar: 189.32g (210.35%), Cholesterol: 0mg (0%), Sodium: 4408.88mg (191.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.18%), Selenium: 34.61µg (49.44%), Manganese: 0.93mg (46.71%), Fiber: 5.68g (22.71%), Magnesium: 83.28mg (20.82%), Calcium: 190.06mg (19.01%), Iron: 2.89mg (16.04%), Phosphorus: 143.05mg (14.31%), Potassium: 449.89mg (12.85%), Vitamin C: 9.96mg (12.07%), Copper: 0.24mg (11.98%), Vitamin B1: 0.18mg (11.81%), Vitamin B6: 0.22mg (10.91%), Folate: 42.89µg (10.72%), Zinc: 1.1mg (7.31%), Vitamin B3: 1.1mg (5.49%), Vitamin E: 0.81mg (5.4%), Vitamin B5: 0.39mg (3.94%), Vitamin B2: 0.06mg (3.54%), Vitamin K: 1.11µg (1.06%)