



Rib Braising Liquid

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



35 kcal

SIDE DISH

Ingredients

- 1 cup apple juice
- 2 teaspoons balsamic vinegar
- 1 garlic clove minced
- 1 tablespoon smoky rub dry

Equipment

Directions

Stir together apple juice, Smoky Dry Rub, balsamic vinegar, and minced garlic. Chill in an airtight container up to 1 week.

Nutrition Facts

 PROTEIN 2.44%  FAT 4.03%  CARBS 93.53%

Properties

Glycemic Index:30.19, Glycemic Load:3.09, Inflammation Score:-1, Nutrition Score:1.3891304394473%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 34.91kcal (1.75%), Fat: 0.16g (0.25%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 8.34g (2.78%), Net Carbohydrates: 8.08g (2.94%), Sugar: 6.38g (7.08%), Cholesterol: 0mg (0%), Sodium: 3.45mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.22g (0.44%), Vitamin K: 8.07µg (7.68%), Manganese: 0.13mg (6.51%), Iron: 0.46mg (2.55%), Potassium: 75.27mg (2.15%), Calcium: 16.95mg (1.7%), Vitamin B6: 0.03mg (1.68%), Magnesium: 5.83mg (1.46%), Vitamin B1: 0.02mg (1.14%), Vitamin C: 0.91mg (1.11%), Fiber: 0.25g (1.01%)