



Rib Liquid Seasoning

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



32 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients


- 0.5 cup all-natural apricot nectar
- 1.5 teaspoons balsamic vinegar
- 1.5 teaspoons garlic minced
- 0.5 cup pineapple juice
- 1 tablespoon big daddy's taco rub dry

Equipment

Directions

Stir together all ingredients. Store in airtight container in refrigerator up to 2 weeks.

Nutrition Facts

 PROTEIN **3.26%**  FAT **5.61%**  CARBS **91.13%**

Properties

Glycemic Index:25.2, Glycemic Load:1.59, Inflammation Score:-3, Nutrition Score:2.4065217621948%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 31.68kcal (1.58%), Fat: 0.21g (0.32%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 7.53g (2.51%), Net Carbohydrates: 7.35g (2.67%), Sugar: 5.83g (6.47%), Cholesterol: 0mg (0%), Sodium: 3.19mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin C: 10.19mg (12.35%), Manganese: 0.2mg (9.94%), Vitamin A: 352.63IU (7.05%), Vitamin K: 6.83µg (6.51%), Vitamin B6: 0.05mg (2.73%), Iron: 0.41mg (2.26%), Vitamin B1: 0.03mg (2.18%), Potassium: 58.26mg (1.66%), Calcium: 15.83mg (1.58%), Magnesium: 6.28mg (1.57%), Copper: 0.03mg (1.54%), Folate: 5.63µg (1.41%)