



Soy Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons cornstarch
- ☐ 0.5 cup mirin
- ☐ 0.5 cup sake
- ☐ 0.5 cup soya sauce
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon water

Equipment

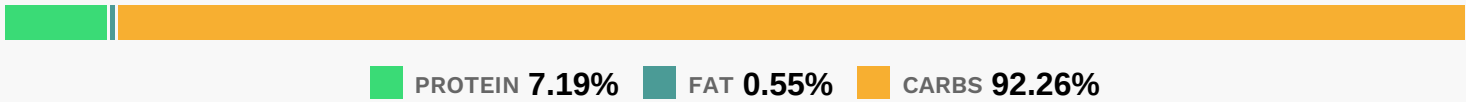
- ☐ bowl

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a small bowl, whisk the cornstarch with the water. In a small saucepan, whisk the soy sauce with the sake, mirin and sugar. Bring to a simmer over moderate heat, stirring until the sugar is dissolved, about 2 minutes.
- ☐ Whisk in the cornstarch mixture and simmer until the sauce is slightly thickened, about 2 minutes longer.
- ☐ Transfer the glaze to a heatproof jar and let cool completely.

Nutrition Facts



Properties

Glycemic Index:8.51, Glycemic Load:7.06, Inflammation Score:-1, Nutrition Score:0.72739130517711%

Nutrients (% of daily need)

Calories: 80.41kcal (4.02%), Fat: 0.04g (0.07%), Saturated Fat: 0g (0.01%), Carbohydrates: 16.43g (5.48%), Net Carbohydrates: 16.33g (5.94%), Sugar: 12.95g (14.39%), Cholesterol: 0mg (0%), Sodium: 738.7mg (32.12%), Alcohol: 3.11g (100%), Alcohol %: 8.34% (100%), Protein: 1.28g (2.56%), Manganese: 0.06mg (2.92%), Vitamin B3: 0.46mg (2.29%), Iron: 0.29mg (1.64%), Phosphorus: 15.85mg (1.59%), Magnesium: 5.39mg (1.35%), Vitamin B6: 0.02mg (1.16%), Vitamin B2: 0.02mg (1.15%)