



Spicy Korean Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



3

CALORIES



283 kcal

SEASONING

MARINADE

Ingredients

- ☐ 4 teaspoons chile paste hot
- ☐ 1 teaspoon ground ginger
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup splenda® no calorie sweetener
- ☐ 1 teaspoon onion powder
- ☐ 1 cup soya sauce
- ☐ 1 cup water

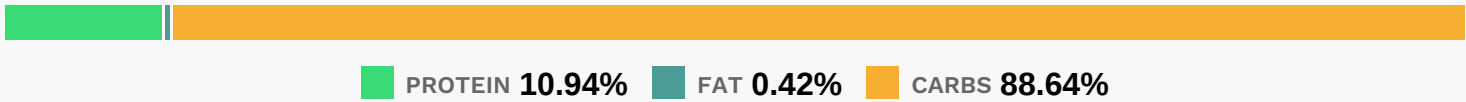
Equipment

- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a medium saucepan over high heat, whisk together the SPLENDA® Granulated Sweetener, soy sauce, water, onion powder, and ground ginger. Bring to a boil. Reduce heat to low, and simmer 5 minutes.
- ☐ Remove the mixture from heat, cool, and whisk in lemon juice and hot chile paste.
- ☐ Place chicken in the mixture. Cover, and marinate in the refrigerator at least 4 hours before preparing chicken as desired.

Nutrition Facts



Properties

Glycemic Index:21.67, Glycemic Load:30.95, Inflammation Score:-2, Nutrition Score:5.7460869991261%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 282.94kcal (14.15%), Fat: 0.14g (0.22%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 68.37g (22.79%), Net Carbohydrates: 67.51g (24.55%), Sugar: 55.64g (61.82%), Cholesterol: 0mg (0%), Sodium: 4325.83mg (188.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.88%), Manganese: 0.62mg (30.86%), Vitamin B3: 3.23mg (16.16%), Iron: 2.06mg (11.42%), Phosphorus: 107.67mg (10.77%), Vitamin B6: 0.18mg (8.83%), Magnesium: 35mg (8.75%), Vitamin B2: 0.12mg (7.33%), Copper: 0.13mg (6.68%), Potassium: 211.8mg (6.05%), Folate: 16.1µg (4.03%), Vitamin C: 3.16mg (3.83%), Vitamin B1: 0.06mg (3.75%), Fiber: 0.86g (3.45%), Vitamin B5: 0.31mg (3.05%), Zinc: 0.4mg (2.7%), Calcium: 22.79mg (2.28%), Selenium: 1.16µg (1.66%)