

Sweet and Spicy Marinade for Steak

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



6

CALORIES



63 kcal

SIDE DISH

Ingredients

- 1 teaspoon balsamic vinegar
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- 3 tablespoons honey
- 1 tablespoon liquid smoke
- 1 tablespoon olive oil
- 1 teaspoon onion minced
- 6 servings salt to taste

- 0.3 teaspoon vanilla extract
- 3 tablespoons worcestershire sauce

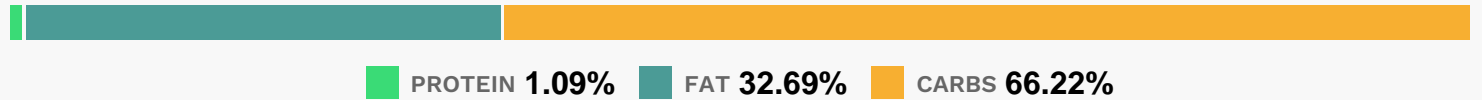
Equipment

- bowl
- whisk

Directions

- Whisk together the honey, Worcestershire sauce, vanilla extract, cumin, liquid smoke, olive oil, onion, garlic powder, balsamic vinegar, and salt in a small bowl.
- Pour marinade over steaks at least 30 minutes before you cook them using your preferred method.

Nutrition Facts



Properties

Glycemic Index:23.21, Glycemic Load:4.61, Inflammation Score:-1, Nutrition Score:0.97913044496723%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 63.34kcal (3.17%), Fat: 2.41g (3.71%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 10.99g (3.66%), Net Carbohydrates: 10.88g (3.96%), Sugar: 9.65g (10.72%), Cholesterol: 0mg (0%), Sodium: 311.39mg (13.54%), Alcohol: 0.06g (100%), Alcohol %: 0.27% (100%), Protein: 0.18g (0.36%), Iron: 0.77mg (4.25%), Potassium: 87.11mg (2.49%), Vitamin E: 0.36mg (2.38%), Vitamin C: 1.21mg (1.47%), Vitamin K: 1.51µg (1.44%), Calcium: 13.69mg (1.37%), Copper: 0.03mg (1.35%), Manganese: 0.03mg (1.34%)