



Sweet, Salty, and Sour Marinade



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



107 kcal

SEASONING

MARINADE

Ingredients

- ☐ 0.5 cup fish sauce (such as nam pla or nuoc nam)
- ☐ 0.5 cup cilantro leaves fresh coarsely chopped
- ☐ 2 tablespoons ginger fresh peeled chopped
- ☐ 3 tablespoons lemon grass minced peeled (from bottom 4" of 2 large stalks)
- ☐ 0.5 cup juice of lime fresh
- ☐ 3 ounces brown sugar chopped
- ☐ 4 thai chile red thinly sliced

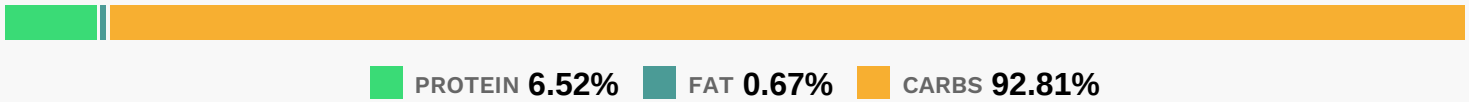
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Stir palm sugar and 3 tablespoons water in a small saucepan over low heat until sugar is dissolved.
- ☐ Remove from heat.
- ☐ Combine lime juice, fish sauce, and3 tablespoons water in a medium bowl.
- ☐ Whisk in 1/3 cup palm sugar syrup (reserve remaining syrup for glaze). Stir in cilantro, ginger, chiles, and lemongrass. Put pork or seafood in a glass, stainless-steel, or ceramic dish. Toss with marinade. Cover; chill for at least 3 hours or overnight.
- ☐ Remove pork or seafood from marinade, pat dry, and grill.
- ☐ Simmer marinade and reserved palm sugar syrup in a small saucepan until reduced to 3/4 cup.
- ☐ Brush glaze onto meat or fish during the last few minutes of grilling.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:0.09, Inflammation Score:-4, Nutrition Score:4.9017391204834%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 106.68kcal (5.33%), Fat: 0.09g (0.13%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 26.39g (8.8%), Net Carbohydrates: 26.1g (9.49%), Sugar: 22.42g (24.91%), Cholesterol: 0mg (0%), Sodium: 2284.87mg (99.34%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.71%), Vitamin C: 17.31mg (20.98%), Manganese: 0.31mg (15.31%), Magnesium: 60.11mg (15.03%), Vitamin B6: 0.16mg (7.75%), Vitamin K: 6.81µg (6.49%), Potassium: 209.45mg (5.98%), Folate: 23.16µg (5.79%), Iron: 0.8mg (4.46%), Selenium: 3.01µg (4.3%), Vitamin B3: 0.85mg (4.27%), Calcium: 39.23mg (3.92%), Vitamin A: 189.16IU (3.78%), Copper: 0.06mg (3.01%), Vitamin B12: 0.14µg (2.32%), Vitamin B2: 0.03mg (1.96%), Phosphorus: 14.43mg (1.44%), Zinc: 0.2mg (1.35%), Vitamin B1: 0.02mg (1.23%), Vitamin B5: 0.12mg (1.22%), Fiber: 0.29g (1.17%)