

Ten Clove Garlic Marinade

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

READY IN



730 min.

SERVINGS



8

CALORIES



61 kcal

SEASONING

MARINADE

Ingredients

- 10 cloves garlic minced peeled
- 0.5 teaspoon pepper
- 1 teaspoon salt
- 0.3 cup soya sauce
- 0.3 cup steak sauce
- 0.7 cup vegetable oil
- 0.3 cup water
- 0.3 cup worcestershire sauce

0.5 onion yellow minced

Equipment

bowl

knife

whisk

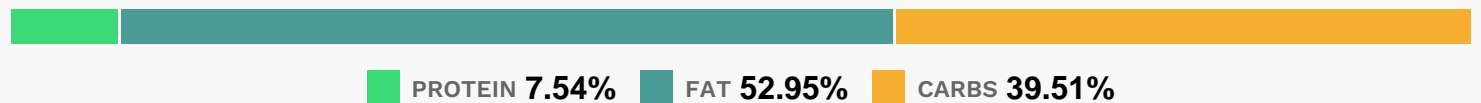
Directions

In a bowl, whisk together vegetable oil, Worcestershire sauce, soy sauce, steak sauce, water, salt, pepper, onion, and garlic until thoroughly mixed.

Pierce several holes into meat with a sharp knife, and place in a shallow dish. Stir marinade once more and slowly pour over meat, smothering the top with the garlic and onions.

Cover and refrigerate overnight, or up to 36 hours. Cook as desired.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.56, Inflammation Score:-1, Nutrition Score:2.4717391185139%

Flavonoids

Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 60.95kcal (3.05%), Fat: 3.69g (5.67%), Saturated Fat: 0.56g (3.52%), Carbohydrates: 6.19g (2.06%), Net Carbohydrates: 5.79g (2.11%), Sugar: 2.32g (2.58%), Cholesterol: 0mg (0%), Sodium: 967.62mg (42.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Vitamin K: 7.25µg (6.91%), Manganese: 0.14mg (6.86%), Iron: 0.97mg (5.41%), Potassium: 156.84mg (4.48%), Vitamin C: 3.67mg (4.45%), Vitamin B6: 0.08mg (3.87%), Copper: 0.06mg (3.18%), Phosphorus: 26.66mg (2.67%), Vitamin E: 0.4mg (2.65%), Calcium: 24.44mg (2.44%), Vitamin B3: 0.47mg (2.35%), Vitamin B2: 0.04mg (2.12%), Magnesium: 7.56mg (1.89%), Vitamin B1: 0.03mg (1.71%), Fiber: 0.4g (1.58%), Selenium: 0.75µg (1.07%), Folate: 4.25µg (1.06%)