

Teriyaki Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



209 kcal

SEASONING

MARINADE

Ingredients

- 0.5 cup brown sugar
- 1 teaspoon garlic minced
- 1 pinch ground ginger
- 0.3 cup onion minced
- 0.3 cup cooking sherry
- 1 cup soya sauce
- 1.3 cups water

Equipment

Directions

- Combine soy sauce, water, brown sugar, ginger, garlic, onion and sherry and stir well until sugar dissolves. Use to marinate meat or veggies.

Nutrition Facts

PROTEIN 16.46% **FAT 0.43%** **CARBS 83.11%**

Properties

Glycemic Index:29, Glycemic Load:1, Inflammation Score:-3, Nutrition Score:5.7695652161441%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 209.18kcal (10.46%), Fat: 0.1g (0.15%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 42.42g (14.14%), Net Carbohydrates: 41.55g (15.11%), Sugar: 37.65g (41.83%), Cholesterol: 0mg (0%), Sodium: 4336.76mg (188.55%), Alcohol: 2.06g (100%), Alcohol %: 1.06% (100%), Protein: 8.4g (16.8%), Manganese: 0.49mg (24.44%), Vitamin B3: 3.15mg (15.73%), Iron: 2.21mg (12.29%), Phosphorus: 111.11mg (11.11%), Vitamin B6: 0.21mg (10.43%), Magnesium: 38.95mg (9.74%), Vitamin B2: 0.13mg (7.37%), Copper: 0.15mg (7.34%), Potassium: 251.27mg (7.18%), Calcium: 55.61mg (5.56%), Folate: 17.06µg (4.26%), Vitamin B5: 0.37mg (3.71%), Vitamin B1: 0.05mg (3.65%), Fiber: 0.88g (3.5%), Zinc: 0.41mg (2.76%), Selenium: 1.32µg (1.89%), Vitamin C: 1.3mg (1.57%)