



Teriyaki Marinade and Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



147 kcal

SEASONING

MARINADE

Ingredients

- 2 tablespoons brown sugar
- 1 tablespoon cornstarch
- 1 inch ginger fresh grated
- 2 cloves garlic minced
- 2 tablespoons honey
- 2 tablespoons rice vinegar
- 2 tablespoons sesame oil
- 0.5 cup soya sauce

0.3 cup water cold

Equipment

bowl

sauce pan

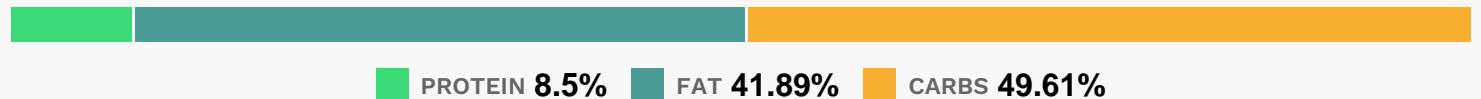
whisk

Directions

Stir soy sauce, honey, rice vinegar, sesame oil, brown sugar, sesame seeds, garlic, and ginger together in a small saucepan over medium-high heat.

Whisk cornstarch into water in a bowl; add to soy sauce mixture. Cook sauce, stirring regularly, at a simmer until thickened, 5 to 7 minutes.

Nutrition Facts



Properties

Glycemic Index:40.57, Glycemic Load:4.9, Inflammation Score:-1, Nutrition Score:2.2578260587609%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 146.7kcal (7.33%), Fat: 7.05g (10.85%), Saturated Fat: 1g (6.26%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 18.45g (6.71%), Sugar: 14.98g (16.65%), Cholesterol: 0mg (0%), Sodium: 1623.6mg (70.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.22g (6.44%), Manganese: 0.19mg (9.57%), Vitamin B3: 1.19mg (5.94%), Iron: 0.82mg (4.58%), Vitamin B6: 0.08mg (4.22%), Phosphorus: 41.83mg (4.18%), Magnesium: 13.77mg (3.44%), Vitamin B2: 0.05mg (2.96%), Copper: 0.06mg (2.9%), Potassium: 88.42mg (2.53%), Calcium: 15.37mg (1.54%), Folate: 5.73µg (1.43%), Vitamin B1: 0.02mg (1.37%), Vitamin B5: 0.14mg (1.37%), Fiber: 0.34g (1.35%), Zinc: 0.18mg (1.18%), Selenium: 0.71µg (1.01%)