

Teriyaki Marinade II

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



90 kcal

SEASONING

MARINADE

Ingredients

- 2 cloves garlic crushed
- 2 large green onions fresh chopped
- 1 tablespoon ground ginger
- 0.3 teaspoon ground pepper black
- 0.5 cup soya sauce
- 1 tablespoon vegetable oil
- 3 tablespoons distilled vinegar white
- 2 tablespoons sugar white

2 tablespoons worcestershire sauce

Equipment

bowl

Directions

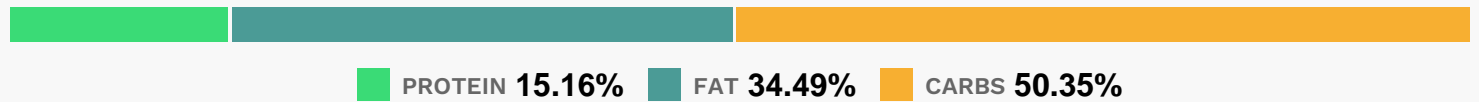
In a large bowl, combine soy sauce, garlic, green onions, ginger, sugar and pepper.

Add the vinegar, oil and Worcestershire sauce.

Mix well.

Marinate meat in this mixture for several hours before grilling outdoors.

Nutrition Facts



Properties

Glycemic Index:57.27, Glycemic Load:4.74, Inflammation Score:-3, Nutrition Score:5.7865217509477%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 90kcal (4.5%), Fat: 3.54g (5.44%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 10.82g (3.93%), Sugar: 7.69g (8.54%), Cholesterol: 0mg (0%), Sodium: 1733.36mg (75.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (6.99%), Manganese: 0.63mg (31.44%), Vitamin K: 32.45µg (30.91%), Iron: 1.62mg (8.99%), Vitamin B3: 1.4mg (7.02%), Potassium: 188.52mg (5.39%), Phosphorus: 52.5mg (5.25%), Vitamin C: 3.93mg (4.77%), Magnesium: 18.59mg (4.65%), Vitamin B6: 0.09mg (4.62%), Vitamin B2: 0.07mg (4.13%), Copper: 0.08mg (3.99%), Folate: 14.13µg (3.53%), Fiber: 0.8g (3.19%), Calcium: 29.37mg (2.94%), Vitamin A: 132.53IU (2.65%), Vitamin E: 0.36mg (2.37%), Vitamin B1: 0.03mg (2.24%), Selenium: 1.36µg (1.95%), Zinc: 0.26mg (1.71%), Vitamin B5: 0.14mg (1.35%)