



Teriyaki Marinade III

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



85 kcal

SEASONING

MARINADE

Ingredients

- 0.3 cup brown sugar packed
- 1 clove garlic minced
- 0.5 cup orange juice
- 0.5 cup soya sauce

Equipment

- bowl

Directions

- In a small bowl, stir together soy sauce, brown sugar, orange juice, garlic, and pepper.
- Pour over beef, pork, or chicken. Cover, and marinate in the refrigerator for 4 hours, or overnight. The longer the meat is marinated, the stronger the flavor will be.

Nutrition Facts

PROTEIN 15.05% **FAT 0.96%** **CARBS 83.99%**

Properties

Glycemic Index:24.25, Glycemic Load:1.92, Inflammation Score:-2, Nutrition Score:3.3630434640724%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 84.72kcal (4.24%), Fat: 0.09g (0.15%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 18.58g (6.19%), Net Carbohydrates: 18.27g (6.64%), Sugar: 16.44g (18.27%), Cholesterol: 0mg (0%), Sodium: 1624.23mg (70.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.33g (6.66%), Vitamin C: 15.73mg (19.07%), Manganese: 0.17mg (8.52%), Vitamin B3: 1.29mg (6.45%), Iron: 0.86mg (4.79%), Phosphorus: 44.67mg (4.47%), Vitamin B6: 0.09mg (4.27%), Potassium: 144.77mg (4.14%), Magnesium: 16.43mg (4.11%), Folate: 14.68µg (3.67%), Vitamin B2: 0.05mg (3.19%), Vitamin B1: 0.05mg (3.1%), Copper: 0.06mg (3.07%), Calcium: 21.98mg (2.2%), Vitamin B5: 0.19mg (1.91%), Vitamin A: 62.07IU (1.24%), Fiber: 0.31g (1.24%), Zinc: 0.15mg (1.02%)