

Teriyaki Marinade with Ginger and Garlic



Vegetarian



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



10

CALORIES



28 kcal

SEASONING

MARINADE

Ingredients

- ☐ 1 tablespoon ginger root fresh finely chopped
- ☐ 4 cloves garlic minced
- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon pepper flakes red crushed
- ☐ 0.3 cup red wine vinegar
- ☐ 0.5 cup soya sauce
- ☐ 0.3 cup white wine

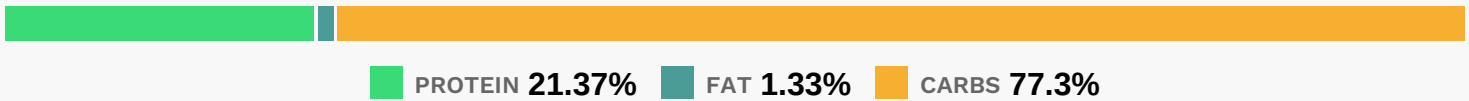
Equipment

☐ bowl

Directions

- ☐ In a medium bowl, mix soy sauce, red wine vinegar, white wine, honey, fresh ginger root, garlic and crushed red pepper flakes.
- ☐ Place in an appropriately sized sealed container with desired type of meat. Shake well to coat. Allow meat to marinate in the mixture at least two hours before cooking.

Nutrition Facts



Properties

Glycemic Index:12.73, Glycemic Load:2.04, Inflammation Score:-1, Nutrition Score:1.0704347730979%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 28.41kcal (1.42%), Fat: 0.04g (0.06%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 4.85g (1.62%), Net Carbohydrates: 4.68g (1.7%), Sugar: 3.73g (4.15%), Cholesterol: 0mg (0%), Sodium: 650.86mg (28.3%), Alcohol: 0.62g (100%), Alcohol %: 2.63% (100%), Protein: 1.34g (2.68%), Manganese: 0.09mg (4.72%), Vitamin B3: 0.5mg (2.48%), Vitamin B6: 0.05mg (2.27%), Iron: 0.38mg (2.1%), Phosphorus: 19.18mg (1.92%), Magnesium: 6.31mg (1.58%), Vitamin B2: 0.02mg (1.33%), Potassium: 43.03mg (1.23%), Copper: 0.02mg (1.21%)