



Teriyaki Stir-Fry Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



141 kcal

SAUCE

Ingredients

- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 2 tablespoons sesame oil dark
- ☐ 1 tablespoon ginger fresh grated
- ☐ 1 garlic clove minced
- ☐ 0.3 cup soya sauce
- ☐ 0.3 cup teriyaki sauce

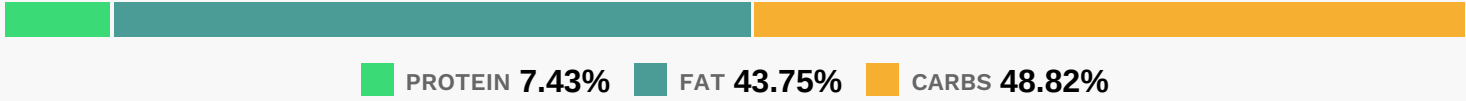
Equipment

- ☐ whisk

Directions

☐ Whisk together all ingredients.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:1.8839130116546%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 141.37kcal (7.07%), Fat: 7.03g (10.82%), Saturated Fat: 1g (6.25%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 17.48g (6.36%), Sugar: 16.16g (17.95%), Cholesterol: 0mg (0%), Sodium: 1503.57mg (65.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.37%), Phosphorus: 48.86mg (4.89%), Manganese: 0.1mg (4.89%), Magnesium: 18.96mg (4.74%), Iron: 0.77mg (4.29%), Vitamin B3: 0.83mg (4.17%), Vitamin B6: 0.06mg (3.24%), Potassium: 99.8mg (2.85%), Copper: 0.05mg (2.51%), Vitamin B2: 0.04mg (2.12%), Calcium: 20.45mg (2.05%), Vitamin B5: 0.12mg (1.17%), Folate: 4.4µg (1.1%), Vitamin B1: 0.02mg (1.06%)