



The Best Steak Marinade

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



4

CALORIES



159 kcal

SEASONING

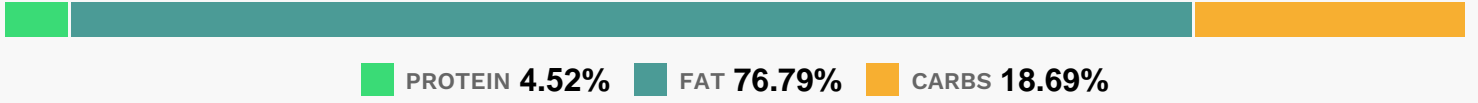
MARINADE

Ingredients

- 0.3 cup balsamic vinegar
- 2 teaspoons dijon mustard
- 2 teaspoons garlic minced
- 0.3 cup olive oil
- 4 servings salt and pepper to taste
- 0.3 cup soya sauce
- 0.3 cup worcestershire sauce

Equipment

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:1.61, Inflammation Score:-1, Nutrition Score:3.2291304347826%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg 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: 159.06kcal (7.95%), Fat: 13.61g (20.93%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 7.45g (2.48%), Net Carbohydrates: 7.2g (2.62%), Sugar: 4.4g (4.89%), Cholesterol: 0mg (0%), Sodium: 1258.89mg (54.73%), Protein: 1.8g (3.61%), Vitamin E: 1.97mg (13.12%), Iron: 1.51mg (8.41%), Vitamin K: 8.36µg (7.96%), Manganese: 0.13mg (6.46%), Potassium: 196.03mg (5.6%), Phosphorus: 37.19mg (3.72%), Vitamin B3: 0.72mg (3.59%), Vitamin C: 2.71mg (3.29%), Copper: 0.06mg (3.23%), Calcium: 30.14mg (3.01%), Magnesium: 11.53mg (2.88%), Vitamin B2: 0.05mg (2.8%), Vitamin B6: 0.05mg (2.47%), Vitamin B1: 0.03mg (1.89%), Selenium: 1.27µg (1.81%), Folate: 4.21µg (1.05%), Fiber: 0.26g (1.02%)