

 **13%**  
HEALTH SCORE

## The Perfect Marinade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



394 kcal

SEASONING

MARINADE

## Ingredients

- 2 cloves garlic crushed
- 1 teaspoon ground ginger
- 2 tablespoons juice of lemon
- 0.3 cup salad dressing italian-style
- 3 tablespoons sesame seed
- 0.3 cup soya sauce

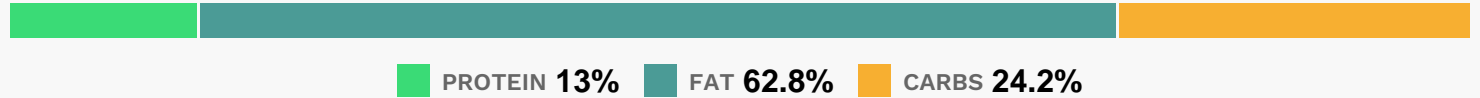
## Equipment

- bowl

## Directions

- In a non-porous glass dish or bowl, combine the salad dressing, soy sauce, lemon juice, sesame seeds, ginger and garlic.
- Mix all together.
- Add favorite meat and marinate, covered and refrigerated, for at least 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:80, Glycemic Load:2.09, Inflammation Score:-6, Nutrition Score:21.315217222856%

## Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 394.16kcal (19.71%), Fat: 28.71g (44.17%), Saturated Fat: 4.06g (25.36%), Carbohydrates: 24.9g (8.3%), Net Carbohydrates: 20.95g (7.62%), Sugar: 10.73g (11.92%), Cholesterol: 0mg (0%), Sodium: 5102.19mg (221.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.37g (26.74%), Manganese: 1.77mg (88.52%), Copper: 1.13mg (56.57%), Vitamin K: 43.98µg (41.89%), Iron: 6.06mg (33.66%), Magnesium: 126.67mg (31.67%), Phosphorus: 278.18mg (27.82%), Calcium: 274.59mg (27.46%), Vitamin B6: 0.5mg (24.76%), Vitamin B3: 4.5mg (22.52%), Vitamin B1: 0.27mg (18.08%), Selenium: 12.44µg (17.77%), Vitamin C: 13.81mg (16.74%), Zinc: 2.4mg (16.03%), Fiber: 3.95g (15.79%), Vitamin E: 1.83mg (12.17%), Potassium: 423.43mg (12.1%), Vitamin B2: 0.19mg (11.25%), Folate: 43.64µg (10.91%), Vitamin B5: 0.39mg (3.87%)