



WHATSheATE



Yummy Pineapple Beef Steak Marinade



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



7

CALORIES



139 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 tablespoons brown sugar packed
- ☐ 0.3 cup olive oil
- ☐ 0.7 cup pineapple juice
- ☐ 0.8 cup worcestershire sauce

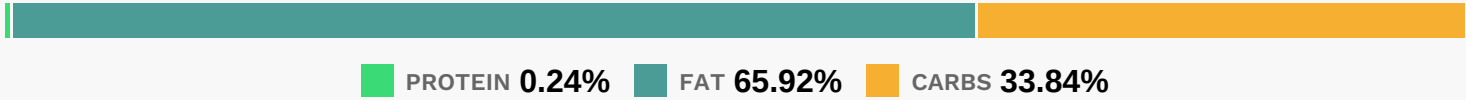
Equipment

- ☐ bowl

Directions

- ☐ Mix together the Worcestershire sauce, pineapple juice, brown sugar, and olive oil in a bowl.
- ☐ Marinate the meat of your choice for 1 to 2 hours, and cook as desired.

Nutrition Facts



Properties

Glycemic Index:6.57, Glycemic Load:1.31, Inflammation Score:-1, Nutrition Score:2.9734782803318%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 138.55kcal (6.93%), Fat: 10.31g (15.87%), Saturated Fat: 1.42g (8.88%), Carbohydrates: 11.91g (3.97%), Net Carbohydrates: 11.87g (4.32%), Sugar: 8.52g (9.46%), Cholesterol: 0mg (0%), Sodium: 384.65mg (16.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.09g (0.17%), Vitamin E: 1.51mg (10.06%), Iron: 1.71mg (9.52%), Potassium: 269.6mg (7.7%), Vitamin C: 6.08mg (7.37%), Vitamin K: 6.55µg (6.24%), Manganese: 0.12mg (5.77%), Copper: 0.08mg (3.8%), Calcium: 37.4mg (3.74%), Vitamin B2: 0.04mg (2.53%), Vitamin B1: 0.03mg (2.24%), Phosphorus: 19.61mg (1.96%), Magnesium: 6.84mg (1.71%), Folate: 6.44µg (1.61%), Vitamin B3: 0.25mg (1.27%), Vitamin B6: 0.02mg (1.19%)