



## Zesty Barbeque Marinade

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



121 kcal

SEASONING

MARINADE

### Ingredients

- 1 cup barbecue sauce
- 2 tablespoons brown sugar
- 3 teaspoons curry powder
- 1 tablespoon basil dried
- 2 tablespoons dehydrated onion dried minced
- 2 tablespoons garlic crushed
- 2 tablespoons pepper black
- 2 tablespoons hot sauce

- 1 tablespoon oregano dried
- 2 tablespoons pepper red
- 2 tablespoons lawry's seasoned salt
- 0.5 cup steak sauce
- 0.5 cup irish whiskey
- 3 tablespoons worcestershire sauce

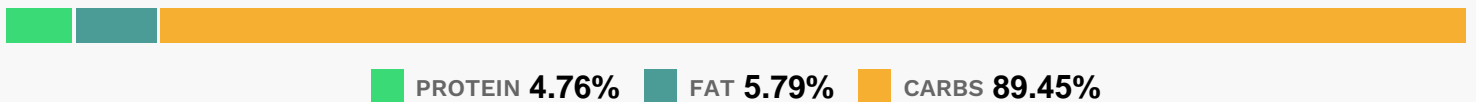
## Equipment

- bowl
- baking pan

## Directions

- In a large bowl, mix together the barbeque sauce, steak sauce, beer, bourbon whiskey, Worcestershire sauce, garlic, seasoned salt, black pepper, dried onion, basil, oregano, habanero hot sauce, curry powder, red pepper flakes, and brown sugar.
- Cover the bottom of a 9x13 inch baking dish with approximately 1/2 the marinade.
- Place desired meat in the dish, and cover with remaining mixture. Cover, and marinate in the refrigerator at least 6 hours before grilling as desired.

## Nutrition Facts



## Properties

Glycemic Index:8.7, Glycemic Load:0.31, Inflammation Score:-7, Nutrition Score:5.4721738981164%

## Flavonoids

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 120.84kcal (6.04%), Fat: 0.62g (0.95%), Saturated Fat: 0.1g (0.64%), Carbohydrates: 21.47g (7.16%), Net Carbohydrates: 19.47g (7.08%), Sugar: 14.09g (15.66%), Cholesterol: 0mg (0%), Sodium: 2047.96mg (89.04%), Alcohol: 4.25g (100%), Alcohol %: 7.4% (100%), Protein: 1.14g (2.28%), Manganese: 0.37mg (18.73%), Vitamin K:

15.17µg (14.45%), Vitamin A: 605.8IU (12.12%), Iron: 1.82mg (10.09%), Vitamin E: 1.26mg (8.43%), Fiber: 1.99g (7.96%), Potassium: 247.17mg (7.06%), Vitamin B6: 0.13mg (6.46%), Vitamin C: 4.93mg (5.97%), Copper: 0.12mg (5.75%), Calcium: 56.08mg (5.61%), Magnesium: 18.24mg (4.56%), Vitamin B2: 0.06mg (3.55%), Vitamin B3: 0.61mg (3.07%), Phosphorus: 29.51mg (2.95%), Vitamin B1: 0.03mg (2.15%), Zinc: 0.29mg (1.96%), Folate: 7.81µg (1.95%), Selenium: 1.32µg (1.89%), Vitamin B5: 0.12mg (1.15%)