

Korean Marinade

*Chef Steven Petusensky - Coral Springs, FL
Relish Magazine - April 2014*

Yield: 1 1/2 cups

*1/2 cup reduced-sodium soy sauce
2 tablespoons sesame oil
1/4 cup rice vinegar
1/4 cup dark brown sugar
2 cloves garlic, minced
2 tablespoons gingerroot, peeled and
minced
4 green onions, minced
2 tablespoons Sriracha or chile paste
with garlic
1/4 cup sake or sherry*

Combine all of the ingredients in a jar. Shake well.

Makes enough to marinate two to three pounds of beef, pork, chicken or fish (tuna or salmon).

Per Serving (excluding unknown items): 561 Calories; 27g Fat (42.2% calories from fat); 9g Protein; 76g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 4832mg Sodium. Exchanges: 4 Vegetable; 5 1/2 Fat; 4 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	561
% Calories from Fat:	42.2%
% Calories from Carbohydrates:	51.7%
% Calories from Protein:	6.1%
Total Fat (g):	27g
Saturated Fat (g):	4g
Monounsaturated Fat (g):	11g
Polyunsaturated Fat (g):	11g
Cholesterol (mg):	0mg
Carbohydrate (g):	76g
Dietary Fiber (g):	3g
Protein (g):	9g

Vitamin B6 (mg):	.3mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	61mcg
Niacin (mg):	5mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 4832mg
Potassium (mg): 699mg
Calcium (mg): 129mg
Iron (mg): 5mg
Zinc (mg): 1mg
Vitamin C (mg): 13mg
Vitamin A (i.u.): 231IU
Vitamin A (r.e.): 23 1/2RE

Vegetable: 4
Fruit: 0
Non-Fat Milk: 0
Fat: 5 1/2
Other Carbohydrates: 4

Nutrition Facts

Amount Per Serving

Calories 561 **Calories from Fat:** 237

% Daily Values*

Total Fat	27g	42%
Saturated Fat	4g	19%
Cholesterol	0mg	0%
Sodium	4832mg	201%
Total Carbohydrates	76g	25%
Dietary Fiber	3g	11%
Protein	9g	
Vitamin A		5%
Vitamin C		22%
Calcium		13%
Iron		29%

* Percent Daily Values are based on a 2000 calorie diet.