

Soda Soak Marinade

Ray Lampe - "Flavorize: Great Marinades, Injections, Brine"
www.CommunityTable.com

Yield: 2 cups

1 cup cola
1/2 cup soy sauce
1/4 cup Worcestershire sauce
1/4 cup honey
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon chili powder
1 teaspoon salt
1/2 teaspoon cayenne pepper

In a medium bowl, whisk together the cola, soy sauce, Worcestershire sauce, honey, garlic powder, onion powder, chili powder, salt and cayenne pepper.

Marinate meat for at least one hour up to eight hours. Then grill.

Per Serving (excluding unknown items): 560 Calories; 2g Fat (2.5% calories from fat); 12g Protein; 135g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 11044mg Sodium. Exchanges: 1 Grain(Starch); 3 Vegetable; 1/2 Fat; 7 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	560	Vitamin B6 (mg):	.7mg
% Calories from Fat:	2.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	89.6%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	8.0%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	2g	Folacin (mcg):	43mcg
Saturated Fat (g):	trace	Niacin (mg):	6mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	25mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.00%
Carbohydrate (g):	135g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	1
Protein (g):	12g	Lean Meat:	0
Sodium (mg):	11044mg	Vegetable:	3
Potassium (mg):	1101mg	Fruit:	0

Calcium (mg): 168mg
Iron (mg): 8mg
Zinc (mg): 1mg
Vitamin C (mg): 116mg
Vitamin A (i.u.): 3051IU
Vitamin A (r.e.): 319RE

Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 7

Nutrition Facts

Amount Per Serving

Calories 560 Calories from Fat: 14

% Daily Values*

Total Fat 2g 3%
 Saturated Fat trace 1%
Cholesterol 0mg 0%
Sodium 11044mg 460%
Total Carbohydrates 135g 45%
 Dietary Fiber 5g 19%
Protein 12g

Vitamin A 61%
Vitamin C 194%
Calcium 17%
Iron 47%

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