

Backyard Bourbon Beef Marinade

KikkomanUsa.com

1 cup Kikkoman soy sauce
3/4 cup water
3 tablespoons bourbon
2 tablespoons sugar
1 teaspoon garlic clove, crushed
1 tablespoon confectioner's sugar

In a bowl, combine all of the ingredients.

Place the meat in a ziplock bag. Add the marinade and seal.

Marinate the beef for twelve to twenty-four hours.

Remove the beef and discard the marinade.

Grill following your favorite method.

This marinade will accomodate up to two pounds of beef (flank steak, London broil, skirt steak, fillet or strip steak).

Per Serving (excluding unknown items): 234 Calories; trace Fat (0.1% calories from fat); trace Protein; 33g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Vegetable; 2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	234	Vitamin B6 (mg):	trace
% Calories from Fat:	0.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.4%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.5%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	trace
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	104
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	33g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	7mg	Vegetable:	0
Potassium (mg):	13mg	Fruit:	0

Calcium (mg): 9mg
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 1mg
 Vitamin A (i.u.): 0IU
 Vitamin A (r.e.): 0RE

Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 2

Nutrition Facts

Amount Per Serving

Calories 234 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	7mg	0%
Total Carbohydrates	33g	11%
Dietary Fiber	trace	0%
Protein	trace	

Vitamin A	0%
Vitamin C	1%
Calcium	1%
Iron	0%

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