

Old Kentucky Bourbon Marinade

Southern Living Magazine - July 2013

Yield: 2 cups

*3/4 cup soy sauce
1/2 cup bourbon
1/4 cup canola or corn oil
1/4 cup Worcestershire sauce
3 tablespoons coarsely ground black pepper
2 tablespoons light brown sugar
1 tablespoon spicy brown mustard
4 cloves garlic, minced
1 teaspoon ground white pepper
1/2 teaspoon ground ginger
1/4 cup water*

In a bowl, whisk together all of the ingredients.

Per Serving (excluding unknown items): 537 Calories; trace Fat (1.1% calories from fat); 13g Protein; 53g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 12945mg Sodium. Exchanges: 0 Grain(Starch); 5 Vegetable; 0 Fat; 2 Other Carbohydrates.

Sauces

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|-----------------------|-------|
| Calories (kcal): | 537 | Vitamin B6 (mg): | .5mg |
| % Calories from Fat: | 1.1% | Vitamin B12 (mcg): | 0mcg |
| % Calories from Carbohydrates: | 79.0% | Thiamin B1 (mg): | .1mg |
| % Calories from Protein: | 20.0% | Riboflavin B2 (mg): | .4mg |
| Total Fat (g): | trace | Folacin (mcg): | 35mcg |
| Saturated Fat (g): | trace | Niacin (mg): | 7mg |
| Monounsaturated Fat (g): | trace | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | trace | Alcohol (kcal): | 278 |
| Cholesterol (mg): | 0mg | % Refused: | 0 0% |
| Carbohydrate (g): | 53g | Food Exchanges | |
| Dietary Fiber (g): | 3g | Grain (Starch): | 0 |
| Protein (g): | 13g | Lean Meat: | 0 |

Sodium (mg): 12945mg
Potassium (mg): 996mg
Calcium (mg): 147mg
Iron (mg): 9mg
Zinc (mg): 1mg
Vitamin C (mg): 112mg
Vitamin A (i.u.): 66IU
Vitamin A (r.e.): 20 1/2RE

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

Nutrition Facts

Amount Per Serving

Calories 537 Calories from Fat: 6

% Daily Values*

| | | |
|----------------------------|---------|------|
| Total Fat | trace | 0% |
| Saturated Fat | trace | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 12945mg | 539% |
| Total Carbohydrates | 53g | 18% |
| Dietary Fiber | 3g | 11% |
| Protein | 13g | |
| Vitamin A | | 1% |
| Vitamin C | | 187% |
| Calcium | | 15% |
| Iron | | 50% |

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