

# BBQ Sauce Marinade

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-bbq-sauce-marinade-recipe>

## Ingredients:

- 2 cloves garlic minced
- 3 tablespoons extra virgin olive oil
- 3 tablespoons red wine or sherry
- 1 tablespoon soy sauce
- 1 tablespoon worcestershire
- 1 teaspoon honey
- smoked salt
- pepper

## Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 5 grams
3. Fat: 10 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 460 milligrams
8. Sugar: 2 grams

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