

# Kabob glaze

<b>Servings:</b>	0.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	0.00 na	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56801
<b>School:</b>	Lake Williamson Christian Center		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE LEMON	1 Cup		332360
VINEGAR WINE RED 5	1 Cup		644481
GARLIC MINCED IN WTR	1 Teaspoon		874910
SUGAR BROWN LT	1 Teaspoon		860311
Less Sodium Soy Sauce	1 Quart	READY_TO_EAT	466425
SPICE GINGER GRND	1 Teaspoon		513695

## Preparation Instructions

Whip together. Soak kabob meat no longer than 1 day.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 0.00

Serving Size: 0.00 na

Amount Per Serving	
<b>Calories</b>	104.80
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	14.40mg
<b>Carbohydrates</b>	5.00g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	4.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 1.28mcg	<b>Vitamin C</b> 1.28mg
<b>Calcium</b> 19.20mg	<b>Iron</b> 1.28mg

## Nutrition - Per 100g

No 100g Conversion Available