



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Teriyaki Sauce

Teriyaki sauce is a popular Japanese sauce made from soy sauce, mirin, sake, and sugar. It is often used as a marinade for grilled or broiled meats, or as a sauce for stir-fried dishes. The sauce has a sweet and savory flavor that adds depth to any dish.

**Recipe Type:** Standard

**Prep Time:** 5 mins

**Cook Time:** 10 mins

**Total Time:** 15 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 10

**Serving Size:** 20 g

### Ingredients

120 ml	soy sauce
60 ml	mirin
60 ml	sake
30 g	Sugar

# Directions

---

## Step 1

Stove

In a small saucepan, combine soy sauce, mirin, sake, and sugar.

**Prep Time:** 2 mins

**Cook Time:** 8 mins

---

## Step 2

Stove

Bring the mixture to a boil over medium heat, stirring constantly until the sugar is dissolved.

**Prep Time:** 0 mins

**Cook Time:** 2 mins

---

## Step 3

Stove

Reduce the heat to low and simmer for 5 minutes, or until the sauce thickens slightly.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

---

## Step 4

Remove from heat and let cool. The sauce will continue to thicken as it cools.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 40 kcal

**Fat:** 0 g

**Protein:** 1 g

**Carbohydrates:** 9 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	9 g	16.36%	18%
Fibers	0 g	0%	0%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	920 mg	40%	40%
Calcium	0 mg	0%	0%
Iron	2 mg	25%	11.11%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Cuisines

Italian

French

Japanese

Mediterranean

Spanish

Vietnamese

American

### Nutritional Content

Low Calorie

Low Fat

### Kitchen Tools

Blender

### Course

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

Visit our website: [healthdor.com](https://healthdor.com)