



Teriyaki Ingredients Comparison

Michael Pollan: ***“Don’t eat anything your great grandmother wouldn’t recognize as food”.***

Chef Myron: ***“...assuming she might be from Japan”.***

LaChoy: Sugar, Water, Soy sauce concentrate (water, hydrolyzed soy protein, **corn syrup**, salt, caramel color, lactic acid and potassium sorbate, Molasses, Salt, Corn syrup solids, Caramel color, Distilled Vinegar, Natural and **Artificial flavor**, Spice, Barley malt extract (contains Gluten), Autolyzed yeast extract, **Glucose syrup** solids, Citric acid, Sodium benzoate (preservative).

Minor’s: Water, Soy sauce (water, wheat, soybeans, salt, sodium benzoate [preservative]), **High fructose corn syrup**, Sherry, Brown sugar, Modified food starch, and less than 2% of Sesame oil, Onion powder, Citric acid, Salt, Natural flavors.

Kikkoman: Naturally brewed soy sauce (water, wheat, soybeans, salt), Sugar, Water, Modified food starch, Onion juice, Vinegar, Natural flavor, Garlic powder, **Malic acid**, **Spice**, Disodium Inosinate, Disodium guanylate, less than 0.10% Sodium benzoate (preservative).

Chef Myron’s Premium Teriyaki: Naturally brewed & aged Shoyu soy sauce: (water, soy beans, wheat, salt), Saké (rice wine), Evaporated cane juice (unrefined sugar), Fresh garlic, Water, Modified rice starch, Spices.

Chef Myron’s Tangy Teriyaki: Naturally brewed & aged Shoyu soy sauce: (water soy beans, wheat, salt), Evaporated cane juice (unrefined sugar), Saké (rice wine), Water, Rice vinegar, Ginger root, Garlic, Red pepper, Spices.