



Beef Bulgogi



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground beef trimmed thinly sliced
- ☐ 8 leaf boston lettuce leaves red for serving
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup enoki mushrooms fresh trimmed
- ☐ 0.5 teaspoon ginger fresh finely grated peeled
- ☐ 1 teaspoon garlic clove minced
- ☐ 0.5 cup kimchi for serving
- ☐ 0.3 cup soy sauce low-sodium

- ☐ 1 tablespoon rice wine sweet (Japanese rice wine)
- ☐ 4 teaspoons korean black bean paste hot
- ☐ 1 tablespoon sesame oil toasted ()
- ☐ 1 teaspoon sesame seed toasted for garnish
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons vegetable oil

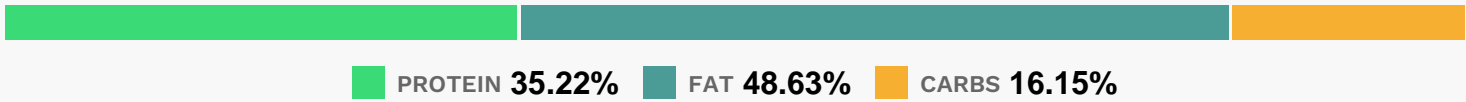
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In large bowl, whisk together soy sauce, sugar, sesame oil, mirin, pear, onion, garlic, ginger, sesame seeds, and pepper.
- ☐ Let marinade stand 30 minutes at room temperature, then add beef and toss to coat. Refrigerate, covered, 1 hour.
- ☐ In large skillet over moderately high heat, heat oil.
- ☐ Remove beef from marinade, draining it very briefly over bowl to remove excess liquid, and then cook until browned and done medium-well, 6 to 7 minutes.
- ☐ Remove beef from heat and serve by filling each lettuce leaf with about 2 tablespoons Korean sticky rice, small handful of beef, 1 tablespoon kimchi, about 8 enoki mushrooms, and about 1/2 teaspoon hot bean paste.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.52, Glycemic Load:4.3, Inflammation Score:-3, Nutrition Score:14.983043313026%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 309.94kcal (15.5%), Fat: 16.42g (25.26%), Saturated Fat: 4.14g (25.89%), Carbohydrates: 12.27g (4.09%), Net Carbohydrates: 11.21g (4.08%), Sugar: 8.63g (9.59%), Cholesterol: 70.31mg (23.44%), Sodium: 721.14mg (31.35%), Alcohol: 0.6g (100%), Alcohol %: 0.41% (100%), Protein: 26.75g (53.5%), Vitamin B12: 2.54µg (42.34%), Zinc: 6.09mg (40.6%), Vitamin B3: 7.75mg (38.75%), Selenium: 20.63µg (29.47%), Phosphorus: 276.96mg (27.7%), Vitamin B6: 0.53mg (26.63%), Vitamin K: 21.85µg (20.81%), Iron: 3.66mg (20.34%), Vitamin B2: 0.29mg (16.96%), Potassium: 542.36mg (15.5%), Magnesium: 43.31mg (10.83%), Vitamin B5: 1.01mg (10.08%), Folate: 29.97µg (7.49%), Copper: 0.14mg (7.1%), Manganese: 0.14mg (6.81%), Vitamin E: 1.01mg (6.75%), Vitamin B1: 0.1mg (6.51%), Fiber: 1.06g (4.23%), Calcium: 28.46mg (2.85%), Vitamin A: 80.4IU (1.61%)