



Beef Bulgogi

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



75 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound flank steak thinly sliced
- 2 tablespoons garlic minced
- 0.3 cup green onion chopped
- 0.5 teaspoon ground pepper black
- 2 tablespoons sesame oil
- 2 tablespoons sesame seed
- 5 tablespoons soya sauce
- 2.5 tablespoons sugar white

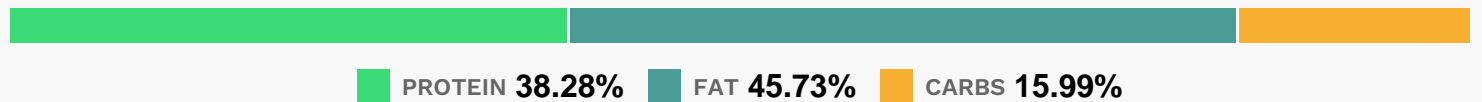
Equipment

- bowl
- grill

Directions

- Place the beef in a shallow dish.
- Combine soy sauce, sugar, green onion, garlic, sesame seeds, sesame oil, and ground black pepper in a small bowl.
- Pour over beef. Cover and refrigerate for at least 1 hour or overnight.
- Preheat an outdoor grill for high heat, and lightly oil the grate.
- Quickly grill beef on hot grill until slightly charred and cooked through, 1 to 2 minutes per side.

Nutrition Facts



Properties

Glycemic Index:53.52, Glycemic Load:6.06, Inflammation Score:-3, Nutrition Score:15.474782643111%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 291.12kcal (14.56%), Fat: 14.74g (22.68%), Saturated Fat: 3.64g (22.72%), Carbohydrates: 11.6g (3.87%), Net Carbohydrates: 10.64g (3.87%), Sugar: 8.07g (8.96%), Cholesterol: 68.04mg (22.68%), Sodium: 1319.2mg (57.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.77g (55.54%), Selenium: 35.67µg (50.96%), Vitamin B3: 8.19mg (40.97%), Vitamin B6: 0.82mg (40.84%), Zinc: 4.82mg (32.16%), Phosphorus: 292.3mg (29.23%), Vitamin B12: 1.03µg (17.2%), Iron: 3.05mg (16.96%), Manganese: 0.33mg (16.61%), Vitamin K: 15.73µg (14.98%), Copper: 0.3mg (14.87%), Potassium: 489.87mg (14%), Magnesium: 50.67mg (12.67%), Vitamin B2: 0.19mg (10.93%), Vitamin B1: 0.14mg (9.22%), Vitamin B5: 0.83mg (8.33%), Calcium: 80.24mg (8.02%), Folate: 26.83µg (6.71%), Fiber: 0.96g (3.85%), Vitamin E: 0.48mg (3.18%), Vitamin C: 2.42mg (2.94%), Vitamin A: 64.4IU (1.29%)