



Beef Bulgogi Korean Tacos

 Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 medium spring onion chopped
- 0.3 cup soya sauce
- 3 tablespoons sugar
- 2 tablespoons vegetable oil
- 1 lb beef top sirloin steaks thinly sliced
- 0.5 cup salsa thick
- 0.5 teaspoon sriracha
- 1 tablespoon sugar

- 2 tablespoons juice of lime fresh
- 1.5 teaspoons soya sauce
- 1 cup cilantro leaves fresh
- 0.5 cup onion red thinly sliced
- 2 cups the of 1 cos lettuce thinly sliced
- 8.2 oz flour tortilla soft for tacos and fajitas (10 count
- 1 tablespoon sesame seed

Equipment

- bowl
- frying pan
- blender
- ziploc bags

Directions

- In 1-gallon resealable food-storage plastic bag, mix beef and marinade ingredients. Seal bag. Refrigerate 30 minutes.
- Meanwhile, in blender, place spicy salsa ingredients. Cover; blend on medium speed until smooth.
- Pour into small bowl. Set aside. In large bowl, mix all slaw ingredients except lettuce until well mixed. Set aside.
- Drain beef; discard marinade.
- Heat 12-inch nonstick skillet over medium-high heat. Cook beef in skillet 2 to 3 minutes, stirring frequently, until brown. Toss lettuce in slaw mixture.
- Spoon beef on warm tortillas.
- Drizzle with spicy salsa, and top with slaw.
- Sprinkle tops with sesame seed.

Nutrition Facts



■ PROTEIN 27.97% ■ FAT 31.45% ■ CARBS 40.58%

Properties

Glycemic Index:41.27, Glycemic Load:9.12, Inflammation Score:-8, Nutrition Score:14.229565330174%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 238.77kcal (11.94%), Fat: 8.35g (12.85%), Saturated Fat: 2.19g (13.71%), Carbohydrates: 24.25g (8.08%), Net Carbohydrates: 22.12g (8.05%), Sugar: 8.61g (9.57%), Cholesterol: 33.45mg (11.15%), Sodium: 830.06mg (36.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.72g (33.44%), Vitamin K: 39.61µg (37.72%), Selenium: 24.69µg (35.27%), Vitamin B3: 5.62mg (28.08%), Vitamin A: 1295.04IU (25.9%), Vitamin B6: 0.46mg (22.77%), Phosphorus: 211.89mg (21.19%), Zinc: 2.65mg (17.65%), Folate: 60.92µg (15.23%), Vitamin B1: 0.23mg (15.05%), Iron: 2.64mg (14.68%), Manganese: 0.28mg (14.21%), Vitamin B2: 0.19mg (11.21%), Potassium: 377.53mg (10.79%), Vitamin B12: 0.53µg (8.88%), Fiber: 2.13g (8.52%), Magnesium: 33.33mg (8.33%), Calcium: 83.05mg (8.3%), Copper: 0.16mg (7.84%), Vitamin C: 4.43mg (5.37%), Vitamin B5: 0.53mg (5.33%), Vitamin E: 0.74mg (4.96%)