



Best Korean Bulgogi

 Gluten Free  Dairy Free

READY IN



230 min.

SERVINGS



4

CALORIES



757 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds beef chuck thinly sliced
- 1 bunch green onions chopped
- 1 head lettuce leaves dried rinsed
- 1 cup rice long grain uncooked
- 0.5 tablespoon sesame oil
- 4 tablespoons sesame seed toasted
- 2.5 cups soya sauce
- 1 tablespoon vegetable oil

2 cups water

Equipment

bowl

frying pan

sauce pan

Directions

In a medium bowl, mix together the soy sauce, green onion, sesame seeds, beer and sesame oil.

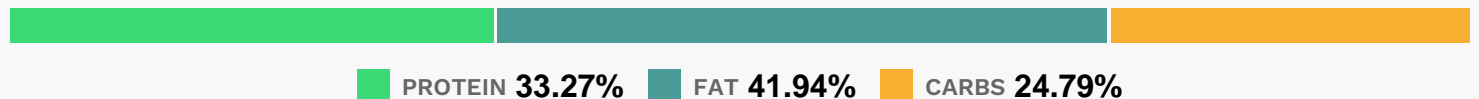
Place meat in the marinade, cover, and refrigerate overnight for best results.

Combine rice and water in a saucepan and bring to a boil. Reduce heat to low, cover, and simmer for 20 minutes, until rice is tender.

Meanwhile, heat oil in a large skillet over medium heat. Fry beef strips for about 5 minutes on each side, or to your desired doneness.

Serve beef with rice and lettuce leaves. Spoon some rice and beef into a lettuce leaf, fold in the sides and roll up to the top to make a bag of bulgogi. No silverware needed.

Nutrition Facts



Properties

Glycemic Index:35.8, Glycemic Load:23.71, Inflammation Score:-6, Nutrition Score:38.804347852002%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 757.37kcal (37.87%), Fat: 35.62g (54.8%), Saturated Fat: 12.86g (80.37%), Carbohydrates: 47.38g (15.79%), Net Carbohydrates: 44.51g (16.19%), Sugar: 2.69g (2.99%), Cholesterol: 156.49mg (52.16%), Sodium: 8293.54mg (360.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 63.57g (127.13%), Zinc: 18.84mg (125.59%), Vitamin B12: 6.19µg (103.19%), Vitamin B3: 16.67mg (83.35%), Selenium: 57.65µg (82.36%), Manganese: 1.46mg (72.83%), Phosphorus: 722.94mg (72.29%), Vitamin B6: 1.3mg (65.08%), Iron: 9.79mg (54.41%), Copper:

0.79mg (39.32%), Magnesium: 143.15mg (35.79%), Vitamin B2: 0.6mg (35.1%), Potassium: 1168.04mg (33.37%), Vitamin B5: 2.42mg (24.15%), Vitamin B1: 0.33mg (22.3%), Vitamin K: 22.36µg (21.29%), Calcium: 166.46mg (16.65%), Folate: 48.3µg (12.07%), Fiber: 2.86g (11.45%), Vitamin E: 0.84mg (5.59%), Vitamin A: 108.53IU (2.17%), Vitamin D: 0.23µg (1.51%), Vitamin C: 1.17mg (1.42%)