



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.

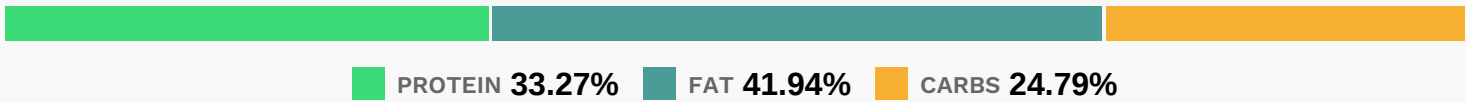
☐ Place meat in the marinade, cover, and refrigerate overnight for best results.

☐ 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%)