



Bulgogi Flank Steak



Gluten Free



Dairy Free

READY IN



765 min.

SERVINGS



6

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar light packed
- ☐ 0.3 cup sesame oil dark
- ☐ 2 tablespoons sherry dry
- ☐ 2 lb flank steak
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 tablespoons garlic fresh minced
- ☐ 0.3 cup spring onion chopped
- ☐ 1 teaspoon pepper dried red crushed

☐ 0.5 cup soya sauce

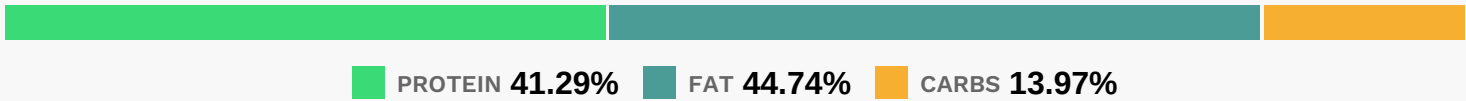
Equipment

☐ grill

Directions

- ☐ Combine first 8 ingredients in a 2-gal. zip-top plastic freezer bag; add steak. Seal bag, and chill 12 hours.
- ☐ Remove steak from marinade, discarding marinade.
- ☐ Preheat grill to 400 to 450 (high) heat. Grill steak, covered with grill lid, 9 minutes on each side or to desired degree of doneness.
- ☐ Let stand 10 minutes.
- ☐ Cut diagonally across the grain into thin slices.
- ☐ Sprinkle with salt and black pepper to taste.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:0.5, Inflammation Score:-4, Nutrition Score:17.047391409459%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 345.15kcal (17.26%), Fat: 16.74g (25.75%), Saturated Fat: 4.44g (27.76%), Carbohydrates: 11.76g (3.92%), Net Carbohydrates: 11.3g (4.11%), Sugar: 9.44g (10.48%), Cholesterol: 90.72mg (30.24%), Sodium: 1169.65mg (50.85%), Alcohol: 0.51g (100%), Alcohol %: 0.32% (100%), Protein: 34.76g (69.52%), Selenium: 45.35µg (64.79%), Vitamin B3: 10.28mg (51.41%), Vitamin B6: 1mg (50.21%), Zinc: 5.95mg (39.65%), Phosphorus: 338.84mg (33.88%), Vitamin B12: 1.38µg (22.93%), Potassium: 605.85mg (17.31%), Iron: 3.04mg (16.88%), Vitamin B2: 0.21mg (12.58%),

Vitamin K: 12.09µg (11.52%), Magnesium: 44.82mg (11.21%), Vitamin B5: 1.06mg (10.64%), Manganese: 0.18mg (9.22%), Vitamin B1: 0.13mg (8.62%), Copper: 0.16mg (7.92%), Folate: 26.25µg (6.56%), Calcium: 52.79mg (5.28%), Vitamin E: 0.72mg (4.81%), Vitamin A: 140.62IU (2.81%), Vitamin C: 1.68mg (2.03%), Fiber: 0.46g (1.83%)