



Bulgogi Jungol (Korean Bulgogi Soup)

 Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 cups no-salt-added beef stock (such as Swanson)
- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 medium carrots
- ☐ 4 ounces vermicelli
- ☐ 1 tablespoon sesame oil dark
- ☐ 7 ounces enoki mushrooms
- ☐ 8 ounces water-packed extra-firm tofu cubed drained
- ☐ 8 garlic cloves minced

- ☐ 1 bunch green onions trimmed cut into 2-inch pieces
- ☐ 0.3 cup lower-sodium soy sauce
- ☐ 1 jalapeno red sliced
- ☐ 1 pound rib-eye steak boneless trimmed (1.25 pounds untrimmed)
- ☐ 0.4 teaspoon salt
- ☐ 2 ounces mushroom caps stemmed sliced
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons soju

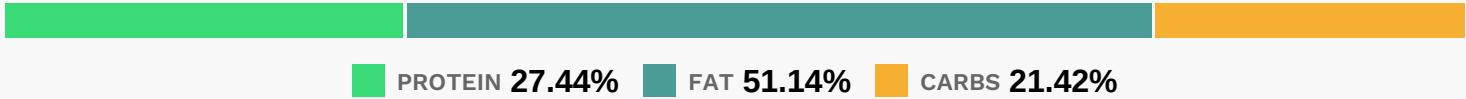
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ dutch oven
- ☐ kitchen scissors

Directions

- ☐ Place beef in freezer for 20 minutes.
- ☐ Remove from freezer; cut across the grain into very thin slices.
- ☐ Place beef in a medium bowl.
- ☐ Add soy sauce and next 5 ingredients (through garlic); toss well to combine. Marinate in refrigerator for 1 hour.
- ☐ Soak noodles in cold water for 30 minutes; drain (noodles will not be tender).
- ☐ Cut noodles with kitchen scissors 2 or 3 times.
- ☐ Trim roots from enoki mushrooms; separate mushrooms into several large clumps.
- ☐ Cut carrots crosswise into thirds; cut each piece lengthwise into 1/8-inch-thick slices.
- ☐ Heat a Dutch oven over high heat.
- ☐ Add beef mixture to pan; stir-fry 2 minutes. Arrange noodles over beef mixture; add stock. Reduce heat to medium-high. Top noodles with enoki, carrots, shiitake, tofu, jalapeo, and onions. Bring mixture just to a simmer; simmer gently for 5 minutes or until noodles are tender. Stir in salt.

Nutrition Facts



Properties

Glycemic Index:50.49, Glycemic Load:4.14, Inflammation Score:-10, Nutrition Score:26.883477858875%

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 Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 547.09kcal (27.35%), Fat: 30.87g (47.5%), Saturated Fat: 10.58g (66.1%), Carbohydrates: 29.1g (9.7%), Net Carbohydrates: 26.89g (9.78%), Sugar: 5.99g (6.65%), Cholesterol: 107.14mg (35.71%), Sodium: 1985.83mg (86.34%), Alcohol: 0.51g (100%), Alcohol %: 0.19% (100%), Protein: 37.28g (74.56%), Vitamin A: 3472.5IU (69.45%), Selenium: 43.4µg (62%), Vitamin B3: 11.06mg (55.32%), Vitamin B12: 3.27µg (54.44%), Zinc: 7.93mg (52.85%), Vitamin C: 37.06mg (44.92%), Vitamin B6: 0.82mg (40.8%), Phosphorus: 365.02mg (36.5%), Vitamin B2: 0.51mg (29.8%), Iron: 4.89mg (27.19%), Potassium: 890.93mg (25.46%), Vitamin B1: 0.28mg (18.62%), Copper: 0.36mg (18.03%), Magnesium: 62.83mg (15.71%), Manganese: 0.29mg (14.44%), Vitamin B5: 1.38mg (13.79%), Vitamin K: 13.38µg (12.74%), Folate: 37.26µg (9.32%), Fiber: 2.21g (8.85%), Calcium: 52.23mg (5.22%), Vitamin E: 0.28mg (1.89%)