



Bulgogi Jungol (Korean Bulgogi Soup)

 Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



350 kcal

SOUP

Ingredients

- ☐ 6 cups 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 extra tofu cubed drained
- ☐ 8 garlic cloves minced

- ☐ 1 bunch green onions trimmed cut into 2-inch pieces
- ☐ 0.3 cup soy sauce
- ☐ 1 red jalapeno pepper 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

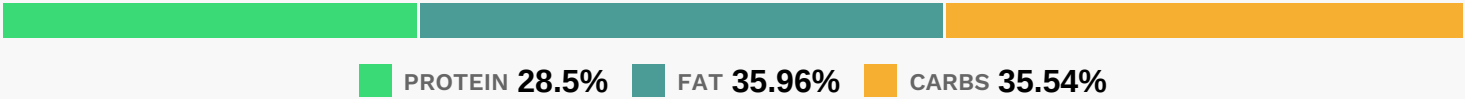
Equipment

- ☐ 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:47.99, Glycemic Load:4.12, Inflammation Score:0, Nutrition Score:20.433912951013%

Flavonoids

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: 350.45kcal (17.52%), Fat: 14.25g (21.93%), Saturated Fat: 5.31g (33.22%), Carbohydrates: 31.69g (10.56%), Net Carbohydrates: 29.48g (10.72%), Sugar: 7.24g (8.04%), Cholesterol: 46.12mg (15.37%), Sodium: 1085.57mg (47.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.41g (50.83%), Vitamin A: 3472.5IU (69.45%), Vitamin B3: 9.02mg (45.08%), Selenium: 24.8µg (35.43%), Zinc: 5.11mg (34.06%), Vitamin B2: 0.55mg (32.17%), Vitamin B6: 0.62mg (30.89%), Phosphorus: 306.31mg (30.63%), Potassium: 995.77mg (28.45%), Vitamin B12: 1.25µg (20.92%), Vitamin B1: 0.31mg (20.65%), Iron: 3.62mg (20.1%), Copper: 0.36mg (17.81%), Magnesium: 63.31mg (15.83%), Manganese: 0.26mg (13.01%), Vitamin K: 13.6µg (12.95%), Folate: 36.36µg (9.09%), Fiber: 2.21g (8.85%), Vitamin C: 6.55mg (7.94%), Vitamin B5: 0.73mg (7.33%), Calcium: 63.07mg (6.31%), Vitamin E: 0.31mg (2.05%)