



Bulgogi (Korean BBQ)

 Gluten Free  Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons garlic chopped
- 1 tablespoon ground pepper black
- 1 onion cut into thin strips
- 0.5 cup white wine
- 2 pound beef rump roast sliced into thin strips
- 1 teaspoon sesame oil
- 1 teaspoon sesame seed
- 1 cup soya sauce

3 tablespoons sugar white

Equipment

bowl

grill pan

Directions

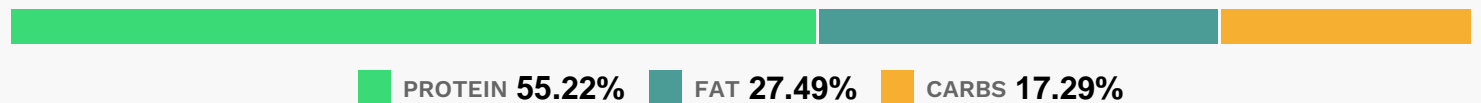
In a large bowl, mix together soy sauce, pear juice, sugar, garlic, sesame oil, sesame seeds, black pepper, and monosodium glutamate.

Place beef and onions into the mixture, and stir to coat. Cover, and refrigerate for 1 hour.

Preheat grill pan over high heat.

Brush oil over grill pan, and add beef and onions. Cook, turning to brown evenly, for 3 to 6 minutes, or until done.

Nutrition Facts



Properties

Glycemic Index:56.02, Glycemic Load:7.96, Inflammation Score:-6, Nutrition Score:30.318695387115%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 443.99kcal (22.2%), Fat: 12.68g (19.51%), Saturated Fat: 4.07g (25.45%), Carbohydrates: 17.94g (5.98%), Net Carbohydrates: 16.49g (6%), Sugar: 11.47g (12.75%), Cholesterol: 140.61mg (46.87%), Sodium: 3370.61mg (146.55%), Alcohol: 3.09g (100%), Alcohol %: 1.09% (100%), Protein: 57.31g (114.62%), Selenium: 64.32µg (91.89%), Vitamin B3: 17.75mg (88.74%), Vitamin B6: 1.7mg (85.14%), Vitamin B12: 4.2µg (69.93%), Zinc: 9.87mg (65.81%),

Phosphorus: 588.02mg (58.8%), Iron: 6.48mg (36.01%), Manganese: 0.66mg (33.13%), Potassium: 996.28mg (28.47%), Vitamin B2: 0.47mg (27.82%), Magnesium: 88.7mg (22.18%), Copper: 0.37mg (18.27%), Vitamin B1: 0.27mg (18.19%), Vitamin B5: 1.3mg (12.99%), Folate: 46.31µg (11.58%), Calcium: 82.57mg (8.26%), Fiber: 1.45g (5.82%), Vitamin K: 5.61µg (5.34%), Vitamin E: 0.72mg (4.8%), Vitamin C: 3.28mg (3.98%)