



Bulgogi (Korean Beef Barbecue)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



180 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 teaspoon ginger fresh minced peeled
- ☐ 3 garlic cloves minced
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 1 tablespoon mirin sweet (rice wine)
- ☐ 1 pound beef top sirloin steaks trimmed

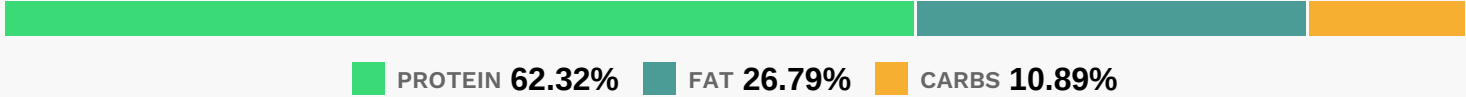
Equipment

- ☐ plastic wrap
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Wrap beef in plastic wrap; freeze 1 hour or until firm.
- ☐ Remove plastic wrap; cut beef diagonally across grain into 1/16-inch-thick slices.
- ☐ Combine beef, sugar, and next 5 ingredients (sugar through garlic) in a large zip-top plastic bag. Seal and marinate in refrigerator 1 hour, turning bag occasionally.
- ☐ Prepare grill.
- ☐ Place a wire grilling basket on grill rack.
- ☐ Remove beef from bag; discard marinade.
- ☐ Place beef on grilling basket coated with cooking spray; grill 5 minutes or until desired degree of doneness, turning frequently.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:12.313478244388%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 179.87kcal (8.99%), Fat: 5.07g (7.79%), Saturated Fat: 1.63g (10.2%), Carbohydrates: 4.63g (1.54%), Net Carbohydrates: 4.49g (1.63%), Sugar: 3g (3.33%), Cholesterol: 66.9mg (22.3%), Sodium: 496.87mg (21.6%), Alcohol: 0.6g (100%), Alcohol %: 0.56% (100%), Protein: 26.51g (53.03%), Selenium: 35.4µg (50.57%), Vitamin B6: 0.76mg (38.06%), Vitamin B3: 7.5mg (37.48%), Zinc: 4.66mg (31.07%), Phosphorus: 263.15mg (26.31%), Vitamin B12: 1.07µg (17.77%), Potassium: 463.1mg (13.23%), Iron: 2.05mg (11.41%), Vitamin B2: 0.17mg (9.85%), Magnesium: 35.63mg (8.91%), Vitamin B5: 0.8mg (7.98%), Vitamin B1: 0.09mg (6.3%), Manganese: 0.1mg (5.2%), Copper: 0.1mg (5.14%), Folate: 20.17µg (5.04%), Calcium: 35.38mg (3.54%), Vitamin E: 0.38mg (2.56%), Vitamin K: 1.42µg (1.35%)