



Daeji Bulgogi (Korean Spicy BBQ Pork)



Gluten Free



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



459 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 fuji apple grated ()
- ☐ 5 cloves garlic grated ()
- ☐ 1 inch ginger grated ()
- ☐ 0.5 cup korean honey citron tea paste
- ☐ 2 green onions chopped ()
- ☐ 1 small onion grated ()
- ☐ 1 korean pear grated ()
- ☐ 0.3 teaspoon pepper

- ☐ 1 pound fatty pork thinly sliced ()
- ☐ 1 tablespoon sesame oil
- ☐ 0.5 cup soya sauce
- ☐ 1 tablespoon sugar

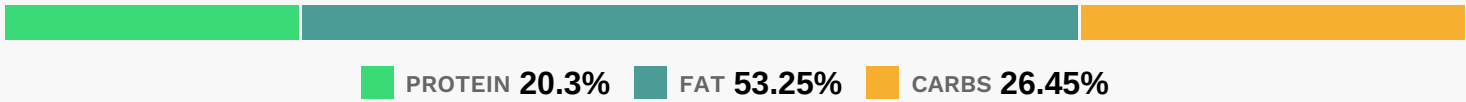
Equipment

- ☐ frying pan
- ☐ stove

Directions

- ☐ Mix everything in a freezer bag and marinate over night.Cook the meat on a barbecue or in a pan on the stove.

Nutrition Facts



Properties

Glycemic Index:72.46, Glycemic Load:6.8, Inflammation Score:-5, Nutrition Score:17.163913032283%

Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 5.1mg, Epicatechin: 5.1mg, Epicatechin: 5.1mg, Epicatechin: 5.1mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg

Nutrients (% of daily need)

Calories: 458.86kcal (22.94%), Fat: 27.87g (42.88%), Saturated Fat: 9.48g (59.25%), Carbohydrates: 31.16g (10.39%), Net Carbohydrates: 27.68g (10.07%), Sugar: 16.57g (18.41%), Cholesterol: 81.65mg (27.22%), Sodium: 1693.75mg (73.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.91g (47.81%), Vitamin B1: 0.91mg

(60.69%), Selenium: 29.24µg (41.77%), Vitamin B3: 6.82mg (34.08%), Vitamin B6: 0.65mg (32.64%), Phosphorus: 278.06mg (27.81%), Vitamin B2: 0.37mg (21.93%), Potassium: 679.63mg (19.42%), Zinc: 2.84mg (18.94%), Vitamin C: 13.94mg (16.9%), Vitamin K: 16.6µg (15.81%), Manganese: 0.31mg (15.41%), Fiber: 3.47g (13.89%), Vitamin B12: 0.79µg (13.23%), Iron: 2.31mg (12.83%), Magnesium: 47.48mg (11.87%), Copper: 0.21mg (10.61%), Vitamin B5: 0.97mg (9.7%), Folate: 26.27µg (6.57%), Calcium: 51.23mg (5.12%), Vitamin A: 172.73IU (3.45%), Vitamin E: 0.31mg (2.1%)