




 **10%**
HEALTH SCORE

Dak Bulgogi - Korean BBQ Chicken


 **Gluten Free**  **Dairy Free**

READY IN




400 min.

SERVINGS



4

CALORIES



1065 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 0.5 apples
- 1 bunch boston lettuce
- 1 tbsp brown sugar
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- 2 lbs strips.
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- 3 garlic clove
- 1 tsp ginger

- 1 tsp pepper red
- 4 servings spring onion
- 1 tsp sesame oil
- 1 tsp sesame seed (garnish)
- 0.5 cup soya sauce

Equipment

- food processor
- frying pan
- knife
- mixing bowl
- toothpicks
- kitchen thermometer
- skewers

Directions

- Peel off thigh skins with a paring knife. Trim off excess fat.
- Cut into one single "steak" piece working around the bone. Save smaller pieces for cooking as well. Set aside in a large mixing bowl. Pulse the marinade ingredients in a food processor until smooth. Coat the chicken pieces with the marinade. Marinate overnight in the refrigerator or a minimum of 6–12 hours. With a skewer or toothpick, piercing the thighs for extra marinade absorption is optional. Preheat a skillet or non stick pan over medium heat.
- Add the chicken thighs and cook for about 15–20 minutes or until cooked through. To ensure fully cooked thighs, use a meat thermometer and check for a reading of 165–170F.
- Transfer to a serving plate and garnish with scallion.
- Serve with lettuce leaves. Enjoy!

Nutrition Facts



PROTEIN 29.29% FAT 65.62% CARBS 5.09%

Properties

Glycemic Index:39.75, Glycemic Load:1.37, Inflammation Score:-4, Nutrition Score:31.979565217391%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 1065.32kcal (53.27%), Fat: 76.88g (118.28%), Saturated Fat: 20.53g (128.33%), Carbohydrates: 13.42g (4.47%), Net Carbohydrates: 12.19g (4.43%), Sugar: 8.89g (9.88%), Cholesterol: 444.52mg (148.17%), Sodium: 1980.79mg (86.12%), Protein: 77.2g (154.4%), Selenium: 85.76µg (122.51%), Vitamin B3: 22.37mg (111.85%), Vitamin B6: 1.67mg (83.63%), Phosphorus: 767.68mg (76.77%), Vitamin B12: 2.9µg (48.38%), Vitamin B5: 4.76mg (47.63%), Zinc: 5.92mg (39.45%), Vitamin B2: 0.66mg (38.96%), Potassium: 1064.01mg (30.4%), Magnesium: 103.97mg (25.99%), Vitamin B1: 0.37mg (24.66%), Iron: 4.09mg (22.73%), Vitamin K: 23.42µg (22.31%), Copper: 0.32mg (15.89%), Manganese: 0.3mg (14.93%), Vitamin A: 582.68IU (11.65%), Vitamin E: 1.24mg (8.25%), Calcium: 63.52mg (6.35%), Folate: 24.34µg (6.09%), Fiber: 1.23g (4.91%), Vitamin C: 2.91mg (3.53%), Vitamin D: 0.45µg (3.02%)