



Dak Bulgogi (Korean BBQ Chicken)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 pound chicken breast thinly sliced ()
- ☐ 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 asian pear grated ()

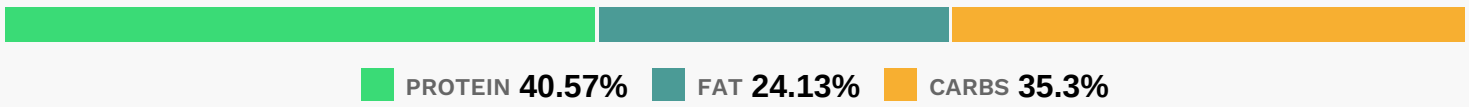
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon sesame oil
- ☐ 1 tablespoon sesame seed crushed toasted (and)
- ☐ 0.5 cup soya sauce

Equipment

Directions

- ☐ Mix everything in a freezer bag and marinate for at least an hour.
- ☐ Place the chicken breasts in the freezer for an hour or two to stiffen them up a bit and they will be much easier to slice thinly.

Nutrition Facts



Properties

Glycemic Index:55.69, Glycemic Load:3.13, Inflammation Score:-5, Nutrition Score:17.40565226389%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 277.55kcal (13.88%), Fat: 7.69g (11.83%), Saturated Fat: 1.33g (8.28%), Carbohydrates: 25.3g (8.43%), Net Carbohydrates: 22.69g (8.25%), Sugar: 11.76g (13.06%), Cholesterol: 72.57mg (24.19%), Sodium: 1762.36mg (76.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.08g (58.16%), Vitamin B3: 13.78mg (68.89%), Selenium: 38.34µg (54.77%), Vitamin B6: 1.07mg (53.31%), Phosphorus: 325.45mg (32.54%), Potassium: 738.36mg (21.1%), Vitamin B5: 1.81mg (18.05%), Manganese: 0.35mg (17.45%), Magnesium: 60.44mg (15.11%), Vitamin K: 15.83µg (15.08%), Vitamin C: 12.41mg (15.05%), Copper: 0.26mg (13.12%), Vitamin B2: 0.21mg (12.49%), Iron: 1.99mg

(11.04%), Vitamin B1: 0.16mg (10.73%), Fiber: 2.62g (10.47%), Zinc: 1.14mg (7.61%), Folate: 25.74µg (6.44%), Calcium: 60.26mg (6.03%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 174.42IU (3.49%), Vitamin E: 0.45mg (3.02%)