



Easy and Simple Korean BBQ Ribs



Gluten Free



Dairy Free

READY IN



150 min.

SERVINGS



4

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 cloves garlic chopped
- ☐ 3 green onions chopped
- ☐ 1 teaspoon ground pepper black
- ☐ 2 tablespoons asian sesame oil toasted ()
- ☐ 1 teaspoon sesame seed
- ☐ 2 pounds short korean-style (beef chuck flanken, cut)
- ☐ 1 cup soya sauce
- ☐ 1 cup sugar white

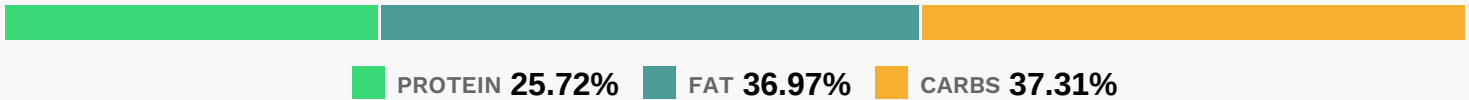
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk together the soy sauce and sugar in a bowl until the sugar has dissolved, and stir in the black pepper, garlic, green onions, sesame oil, and sesame seeds.
- ☐ Place the ribs in a large bowl, and pour the marinade over the ribs. Stir to coat the ribs with the marinade, and refrigerate for 1 hour. Stir the ribs and marinade again, and refrigerate for 1 more hour.
- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- ☐ Remove the ribs from the marinade, discard the marinade, and grill the ribs until brown and no longer pink in the center, about 5 minutes per side. Have a spray bottle of water handy in case the ribs flare up.

Nutrition Facts



Properties

Glycemic Index:53.52, Glycemic Load:35.89, Inflammation Score:-3, Nutrition Score:21.464782585268%

Flavonoids

Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 588.19kcal (29.41%), Fat: 24.39g (37.52%), Saturated Fat: 8.22g (51.36%), Carbohydrates: 55.37g (18.46%), Net Carbohydrates: 54.41g (19.78%), Sugar: 51.14g (56.82%), Cholesterol: 97.68mg (32.56%), Sodium: 3350.23mg (145.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.18g (76.36%), Vitamin B12: 5.61µg (93.54%), Zinc: 8.29mg (55.28%), Vitamin B6: 0.82mg (40.95%), Phosphorus: 402.97mg (40.3%), Vitamin B3: 8.04mg (40.21%), Selenium: 25.39µg (36.27%), Iron: 5.3mg (29.44%), Manganese: 0.47mg (23.39%), Potassium: 763.88mg (21.83%), Vitamin B2: 0.37mg (21.53%), Vitamin K: 20.46µg (19.49%), Magnesium: 64.97mg (16.24%), Vitamin B1: 0.21mg

(13.79%), Copper: 0.24mg (12.09%), Vitamin B5: 0.78mg (7.84%), Folate: 26.82μg (6.7%), Calcium: 45.7mg (4.57%),
Fiber: 0.96g (3.85%), Vitamin C: 2.86mg (3.47%), Vitamin A: 92.85IU (1.86%), Vitamin E: 0.16mg (1.05%)