



Garden of Good and Evil Bulgogi

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

READY IN

ready

52 min.

SERVINGS

servings

8

CALORIES

calories

303 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 tablespoons canola oil
- ☐ 3 cloves garlic sliced to equal 3 tablespoons
- ☐ 1 cup cabbage green thinly sliced
- ☐ 0.5 cup green onions diced
- ☐ 8 outer leaves from head iceberg lettuce whole
- ☐ 2 jalepenos sliced to equal 3 tablespoons
- ☐ 3 tablespoons miso paste dark

- ☐ 1 pound pork tenderloin
- ☐ 1 teaspoon chili flakes red
- ☐ 3 tablespoons rice wine vinegar
- ☐ 1 teaspoon lawry's seasoned salt
- ☐ 2 cups short-grain rice cooked
- ☐ 1 tablespoon soya sauce
- ☐ 3 tablespoons sriracha hot sauce

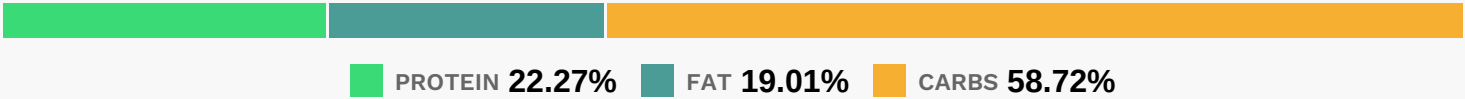
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Wrap pork tenderloin in plastic wrap, and place in freezer until firm but not frozen, about 20 minutes.
- ☐ Remove plastic and slice very thin.
- ☐ In a medium nonmetallic bowl, whisk together seasoned salt, soy sauce and black pepper.
- ☐ Add pork slices and let marinate for 5 minutes.
- ☐ Heat a large saute pan on high.
- ☐ Add oil and cook pork until cooked through, 3 minutes.
- ☐ Remove to a platter with rice and lettuce cups.
- ☐ In a small bowl mix together onions, rice wine vinegar, and chili flakes. Set aside.
- ☐ In assembly-line fashion, lay out in separate bowls on a platter, the onion marinade, sliced garlic, sliced jalepeno, Sriracha sauce, miso paste and cabbage.
- ☐ To serve, place onto a lettuce leaf, 1/2 teaspoon of sriracha, 1/2 teaspoon miso paste, 3 pieces of pork, 3 tablespoons of rice, 2 slices of garlic and jalapeno, 2 tablespoons of cabbage, and 1 teaspoon of green onions with rice wine vinegar.
- ☐ Roll up. Repeat with remaining lettuce leaves.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:32.54, Inflammation Score:-6, Nutrition Score:17.403478389201%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 302.9kcal (15.14%), Fat: 6.26g (9.63%), Saturated Fat: 1.09g (6.78%), Carbohydrates: 43.5g (14.5%), Net Carbohydrates: 40.97g (14.9%), Sugar: 1.26g (1.4%), Cholesterol: 36.85mg (12.28%), Sodium: 820.93mg (35.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.5g (32.99%), Vitamin B1: 0.87mg (57.68%), Selenium: 25.53µg (36.48%), Manganese: 0.69mg (34.56%), Folate: 128.58µg (32.15%), Vitamin B3: 6.11mg (30.56%), Vitamin B6: 0.6mg (29.83%), Vitamin K: 27.34µg (26.03%), Phosphorus: 209.08mg (20.91%), Iron: 3.17mg (17.59%), Vitamin C: 12.75mg (15.46%), Vitamin B2: 0.25mg (14.96%), Zinc: 1.87mg (12.49%), Vitamin B5: 1.21mg (12.07%), Copper: 0.21mg (10.34%), Fiber: 2.53g (10.1%), Potassium: 350.98mg (10.03%), Magnesium: 35.55mg (8.89%), Vitamin E: 1.03mg (6.87%), Vitamin B12: 0.3µg (5%), Vitamin A: 238.95IU (4.78%), Calcium: 23.74mg (2.37%), Vitamin D: 0.17µg (1.13%)