



Grilled Korean-Style Short Ribs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



566 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup t brown sugar dark packed ()
- 15 cloves garlic minced
- 2 large spring onion chopped
- 0.5 cup rice wine sweet (Japanese rice wine)
- 0.3 cup sesame oil
- 5 pounds beef ribs korean-style (beef chuck flanken, cut)
- 1 cup soya sauce
- 8 servings sesame seed with toasted sesame seeds chopped

0.3 cup rice vinegar

Equipment

bowl

whisk

grill

ziploc bags

Directions

Combine first 7 ingredients in medium bowl; whisk to blend well.

Pour into heavy jumbo resealable plastic bag.

Add ribs; seal bag. Turn bag over several times to coat ribs evenly. Refrigerate overnight, turning bag occasionally.

Prepare barbecue (medium-high heat).

Drain ribs; discard marinade. Working in batches, grill ribs until browned and cooked to medium-rare, about 3 minutes per side. Mound ribs on platter; surround with chopped spinach and serve.

Nutrition Facts


PROTEIN 32.6% **FAT 52.7%** **CARBS 14.7%**

Properties

Glycemic Index:20.25, Glycemic Load:1.15, Inflammation Score:-5, Nutrition Score:25.894347564034%

Flavonoids

Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 565.65kcal (28.28%), Fat: 31.94g (49.14%), Saturated Fat: 10.5g (65.59%), Carbohydrates: 20.05g (6.68%), Net Carbohydrates: 18.6g (6.76%), Sugar: 14.06g (15.62%), Cholesterol: 122.1mg (40.7%), Sodium: 1761.6mg (76.59%), Alcohol: 2.41g (100%), Alcohol %: 1.02% (100%), Protein: 44.45g (88.91%), Vitamin B12: 7.02µg (116.93%),

Zinc: 10.73mg (71.56%), Vitamin B6: 1.01mg (50.38%), Phosphorus: 493.92mg (49.39%), Selenium: 34.04µg (48.62%), Vitamin B3: 8.66mg (43.28%), Iron: 6.63mg (36.82%), Copper: 0.54mg (26.94%), Potassium: 899.74mg (25.71%), Manganese: 0.49mg (24.39%), Vitamin B2: 0.39mg (23.16%), Magnesium: 90.08mg (22.52%), Vitamin B1: 0.29mg (19.31%), Vitamin K: 13.96µg (13.29%), Calcium: 127.68mg (12.77%), Vitamin B5: 0.83mg (8.32%), Folate: 29.7µg (7.43%), Fiber: 1.46g (5.83%), Vitamin C: 2.93mg (3.55%), Vitamin A: 63.54IU (1.27%), Vitamin E: 0.15mg (1.03%)