



Kalbi



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings spring onion thinly sliced
- ☐ 2 pounds beef ribs thick sliced lengthwise

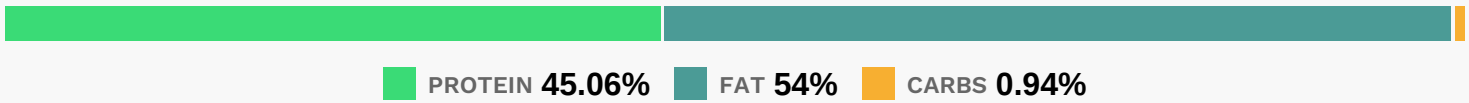
Equipment

- ☐ paper towels
- ☐ grill

Directions

- ☐
- Place shortribs in a resealable plasticbag; pour Korean BBQ Marinade over. Seal bag; turn to coatand chill 3 hours.
- ☐
- Let cometo room temperature beforegrilling.
- ☐
- Drain and pat drywith paper towels.
- ☐
- Build amedium fire in a charcoalgrill, or heat a gas grill tomedium-high. Grill 2-3minutes per side, or untiljust cooked through.
- ☐
- Transfer to aplatter and let rest 5-10minutes.
- ☐
- Garnish with thinlyliced scallions.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.09, Inflammation Score:-2, Nutrition Score:11.289565240559%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 192.87kcal (9.64%), Fat: 11.26g (17.32%), Saturated Fat: 4.78g (29.88%), Carbohydrates: 0.44g (0.15%), Net Carbohydrates: 0.28g (0.1%), Sugar: 0.14g (0.16%), Cholesterol: 65.12mg (21.71%), Sodium: 72.7mg (3.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.14g (42.27%), Vitamin B12: 3.74µg (62.36%), Zinc: 5.3mg (35.33%), Selenium: 15.93µg (22.76%), Vitamin B6: 0.43mg (21.71%), Phosphorus: 211.93mg (21.19%), Vitamin B3: 3.8mg (18.99%), Iron: 2.47mg (13.74%), Vitamin K: 12.42µg (11.83%), Potassium: 410.6mg (11.73%), Vitamin B2: 0.17mg (10.28%), Vitamin B1: 0.11mg (7.14%), Magnesium: 25.48mg (6.37%), Copper: 0.08mg (4.06%), Vitamin B5: 0.36mg (3.58%), Folate: 10.46µg (2.62%), Vitamin C: 1.13mg (1.37%), Calcium: 13.15mg (1.31%), Manganese: 0.03mg (1.25%), Vitamin A: 59.82IU (1.2%)