



## Kalbi (Korean BBQ Short Ribs)

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

READY IN



**210 min.**

SERVINGS



**4**

CALORIES



**503 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.8 cup brown sugar
- 1 garlic clove minced
- 2 green onions chopped
- 1 tablespoon asian sesame oil toasted ()
- 2 pounds short korean-style (beef chuck flanken, cut)
- 0.8 cup soya sauce
- 0.8 cup water

### Equipment

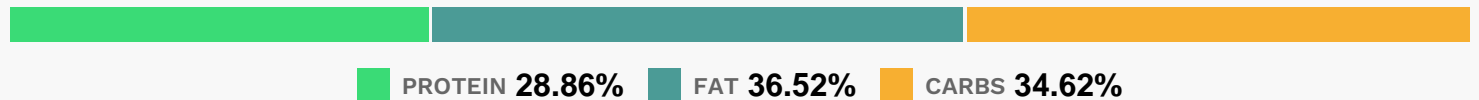
bowl

grill

## Directions

- In a bowl, stir together the soy sauce, brown sugar, water, garlic, green onions, and sesame oil until the sugar has dissolved.
- Place the ribs in a large plastic zipper bag.
- Pour the marinade over the ribs, squeeze out all the air, and refrigerate the bag for 3 hours to overnight.
- Preheat an outdoor grill for medium-high heat, and lightly oil the grate.
- Remove the ribs from the bag, shake off the excess marinade, and discard the marinade. Grill the ribs on the preheated grill until the meat is still pink but not bloody nearest the bone, 5 to 7 minutes per side.

## Nutrition Facts



## Properties

Glycemic Index:19.25, Glycemic Load:0.47, Inflammation Score:-3, Nutrition Score:19.747826262661%

## Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

## Nutrients (% of daily need)

Calories: 503.25kcal (25.16%), Fat: 20.43g (31.43%), Saturated Fat: 7.67g (47.96%), Carbohydrates: 43.58g (14.53%), Net Carbohydrates: 43.06g (15.66%), Sugar: 40.9g (45.44%), Cholesterol: 97.68mg (32.56%), Sodium: 2552.38mg (110.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.32g (72.64%), Vitamin B12: 5.61µg (93.54%), Zinc: 8.15mg (54.33%), Vitamin B6: 0.76mg (38.13%), Phosphorus: 376.13mg (37.61%), Vitamin B3: 7.45mg (37.25%), Selenium: 24.83µg (35.47%), Iron: 5.01mg (27.81%), Potassium: 757.7mg (21.65%), Vitamin B2: 0.33mg (19.22%), Magnesium: 59.37mg (14.84%), Manganese: 0.29mg (14.44%), Vitamin B1: 0.19mg (12.41%), Vitamin K: 12.91µg (12.29%), Copper: 0.21mg (10.33%), Vitamin B5: 0.76mg (7.57%), Calcium: 63.19mg (6.32%), Folate: 22.04µg (5.51%), Fiber: 0.52g (2.08%), Vitamin C: 1.36mg (1.65%), Vitamin A: 59.89IU (1.2%)