



Kalbi (Korean BBQ Short Ribs)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 4 cloves garlic chopped ()
- ☐ 1 inch ginger grated ()
- ☐ 4 green onions sliced ()
- ☐ 0.5 onion grated ()
- ☐ 1 asian pear grated ()
- ☐ 1 tablespoon sesame oil
- ☐ 1 tablespoon sesame seed crushed toasted (and)

- ☐ 2 pounds short trimmed ()
- ☐ 0.3 cup soya sauce

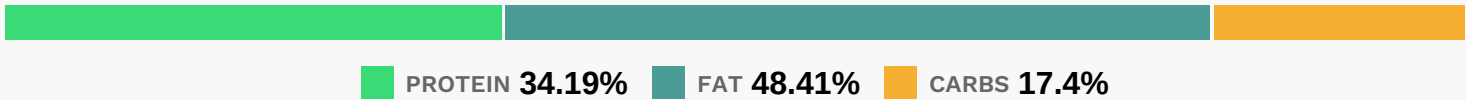
Equipment

- ☐ grill

Directions

- ☐ Mix the marinade and marinate the ribs over night in the refrigerator.
- ☐ Remove the ribs from the marinade discarding the marinade.
- ☐ Grill the ribs until they are slightly charred and caramelized on both sides.

Nutrition Facts



Properties

Glycemic Index:47.69, Glycemic Load:2.95, Inflammation Score:-4, Nutrition Score:20.887826079908%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg, Isorhamnetin: 0.82mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 400.9kcal (20.04%), Fat: 21.51g (33.09%), Saturated Fat: 7.83g (48.95%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 15.02g (5.46%), Sugar: 11.33g (12.59%), Cholesterol: 97.68mg (32.56%), Sodium: 923.14mg (40.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.18g (68.36%), Vitamin B12: 5.61µg (93.54%), Zinc: 8.29mg (55.26%), Vitamin B6: 0.77mg (38.48%), Phosphorus: 365.19mg (36.52%), Selenium: 25.34µg (36.2%), Vitamin B3: 6.5mg (32.52%), Vitamin K: 27.38µg (26.08%), Iron: 4.6mg (25.57%), Potassium: 763.24mg (21.81%), Vitamin B2: 0.31mg (18.28%), Magnesium: 58.18mg (14.54%), Copper: 0.28mg (14.15%), Vitamin B1: 0.2mg (13.65%), Manganese: 0.26mg (13.05%), Fiber: 2.38g (9.5%), Vitamin C: 6.21mg (7.53%), Folate: 28.23µg (7.06%), Vitamin B5:

0.66mg (6.62%), Calcium: 62.14mg (6.21%), Vitamin A: 131.49IU (2.63%), Vitamin E: 0.18mg (1.22%)