



Korean Barbecued Beef



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



60

CALORIES



79 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 60 leaves boston lettuce (3- to 4-inch-long)
- ☐ 1 teaspoon chili sauce to taste
- ☐ 2 tablespoons ginger fresh minced peeled
- ☐ 2 small gala apple red
- ☐ 2 tablespoons garlic minced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 mangos pitted peeled
- ☐ 0.3 cup rice vinegar (not seasoned)

- ☐ 0.3 cup spring onion chopped
- ☐ 1 tablespoon sesame oil
- ☐ 60 servings sesame seed toasted
- ☐ 1.8 pounds skirt steak
- ☐ 0.5 cup soya sauce
- ☐ 2 tablespoons sugar

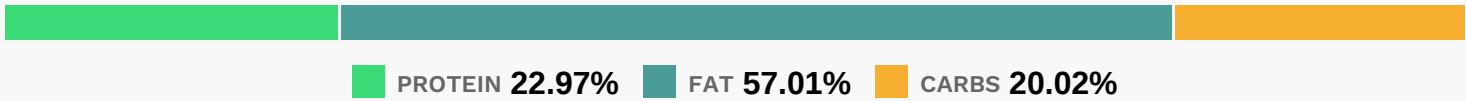
Equipment

- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Stir together marinade ingredients and reserve one fourth of marinade for sauce.
- ☐ Put steak and remaining three fourths of marinade in a glass dish, turning steak to coat, and marinate at room temperature, turning once, 30 minutes. While steak is marinating, cut apples and mango into 1- by 1/4-inch sticks. Toss together with juice and chili sauce and season with salt.
- ☐ Preheat broiler.
- ☐ Broil steak on rack of a broiler pan 2 to 3 inches from heat until slightly charred, 2 to 3 minutes on each side for medium meat.
- ☐ Let steak stand 5 minutes.
- ☐ Cut crosswise into 1/4-inch-thick slices, then halve slices crosswise. Toss beef in reserved marinade with salt and pepper to taste and divide among lettuce leaves. Top with fruit and sesame seeds.
- ☐ • Fruit mixture may be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:5.51, Glycemic Load:1.08, Inflammation Score:-5, Nutrition Score:6.8839129922183%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 78.6kcal (3.93%), Fat: 5.25g (8.08%), Saturated Fat: 0.97g (6.03%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 2.82g (1.03%), Sugar: 1.63g (1.81%), Cholesterol: 8.33mg (2.78%), Sodium: 119.76mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.52%), Copper: 0.35mg (17.49%), Vitamin K: 16.99µg (16.18%), Manganese: 0.25mg (12.74%), Vitamin A: 544.97IU (10.9%), Zinc: 1.52mg (10.15%), Iron: 1.66mg (9.2%), Magnesium: 34.65mg (8.66%), Calcium: 86.18mg (8.62%), Selenium: 5.84µg (8.34%), Phosphorus: 80.04mg (8%), Vitamin B6: 0.15mg (7.37%), Vitamin B3: 1.28mg (6.39%), Vitamin B1: 0.08mg (5.59%), Folate: 21.53µg (5.38%), Fiber: 1.33g (5.31%), Vitamin B12: 0.28µg (4.7%), Vitamin B2: 0.08mg (4.59%), Potassium: 131.47mg (3.76%), Vitamin C: 2.4mg (2.91%), Vitamin B5: 0.12mg (1.23%)