

## Korean BBQ Galbi

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

READY IN



**580 min.**

SERVINGS



**6**

CALORIES



**791 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 5 pounds beef short ribs flanken style cut
- 6 servings pepper black to taste
- 1 cup brown sugar
- 5 cloves garlic
- 0.3 cup honey
- 1 onion coarsely chopped
- 1 asian pear cored cubed
- 0.3 cup sesame oil

1 cup soya sauce kikkoman® (such as )

## Equipment

bowl

pot

blender

grill

## Directions

Place the ribs in a large stockpot and cover with cold water. Soak ribs, refrigerated, for 1 hour to pull out any blood.

Drain.

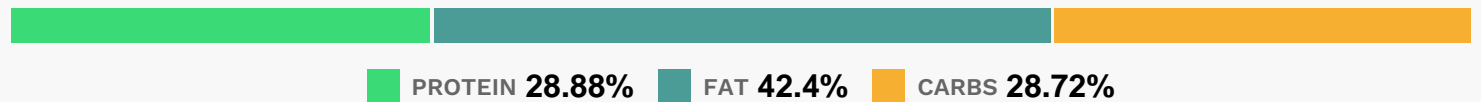
Combine garlic, onion, and Asian pear in a blender and puree.

Pour into a large bowl and stir in the soy sauce, brown sugar, honey, sesame oil, and black pepper. Marinate ribs in the soy mixture, covered, overnight.

Preheat an outdoor grill for high heat, and lightly oil the grate.

Grill ribs until the meat is tender and the outside is crusty, 5 to 10 minutes per side.

## Nutrition Facts



## Properties

Glycemic Index:32.17, Glycemic Load:8.29, Inflammation Score:-4, Nutrition Score:28.02347816786%

## Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg, Isorhamnetin: 1.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

4.01mg, Quercetin: 4.01mg, Quercetin: 4.01mg

## **Nutrients (% of daily need)**

Calories: 791.36kcal (39.57%), Fat: 37.32g (57.41%), Saturated Fat: 13.26g (82.87%), Carbohydrates: 56.88g (18.96%), Net Carbohydrates: 55.23g (20.08%), Sugar: 51.52g (57.24%), Cholesterol: 162.8mg (54.27%), Sodium: 2351.58mg (102.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 57.19g (114.39%), Vitamin B12: 9.35µg (155.9%), Zinc: 13.49mg (89.93%), Vitamin B6: 1.23mg (61.69%), Phosphorus: 589.44mg (58.94%), Selenium: 41.08µg (58.68%), Vitamin B3: 11.09mg (55.44%), Iron: 7.34mg (40.8%), Potassium: 1195.71mg (34.16%), Vitamin B2: 0.5mg (29.69%), Magnesium: 84.46mg (21.12%), Vitamin B1: 0.3mg (19.95%), Manganese: 0.36mg (17.94%), Copper: 0.31mg (15.26%), Vitamin B5: 1.14mg (11.4%), Folate: 29.82µg (7.45%), Calcium: 72.94mg (7.29%), Fiber: 1.65g (6.59%), Vitamin C: 3.48mg (4.22%), Vitamin K: 2.82µg (2.69%), Vitamin E: 0.17mg (1.13%)