



 **32%**  
HEALTH SCORE

## Korean Beef Rice Bowl

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



1285 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 pound fat-trimmed beef flank steak
- 4 servings korean marinade (see recipe)
- 0.8 pound green beans rinsed
- 0.3 lb carrots peeled
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil toasted ()
- 2 teaspoons sugar
- 4 servings salt to taste

- 1 tablespoon salad oil
- 0.5 cup fat-skimmed beef broth
- 6 cups rice hot cooked (see recipe)
- 6 cups rice hot cooked (see recipe)
- 6 cups rice hot cooked (see recipe)
- 0.3 cup spring onion
- 1 tablespoon sesame seed toasted

## Equipment

- bowl
- frying pan
- wok

## Directions

- Rinse beef, pat dry, and cut across the grain into 1/8-inch-thick slices about 3 inches long. In a small bowl, mix beef with 1/4 cup Korean Marinade.
- Remove and discard bean stem ends and strings.
- Cut beans diagonally in 3-inch lengths.
- Cut carrot into matchstick-size pieces about 3 inches long.
- In a 14-inch wok or 12-inch frying pan over high heat, mix 1/2 cup water, beans, and carrot. Cover and stir occasionally just until tender to bite, about 3 minutes.
- Drain; immerse in cold water.
- Drain when cool. In a bowl, mix with vinegar, sesame oil, sugar, and salt to taste.
- Place wok over high heat; when hot, add salad oil.
- Add beef with liquid in bowl; stir until meat is no longer pink, about 2 minutes.
- Add remaining marinade and broth to pan; stir until boiling.
- Scoop rice into bowls; add beef and sauce, then vegetables and seasonings.
- Sprinkle with onions and sesame seed.
- This recipe yields 4 servings.

Comments: If you can't find toasted sesame seed, stir regular sesame seed in a frying pan over low heat until golden, 1 minute.

## Nutrition Facts

**PROTEIN 14.07%** **FAT 18.76%** **CARBS 67.17%**

### Properties

Glycemic Index:151.73, Glycemic Load:219.36, Inflammation Score:-10, Nutrition Score:39.464782608696%

### Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg, Quercetin: 3.05mg

### Taste

Sweetness: 100%, Saltiness: 76.45%, Sourness: 27.46%, Bitterness: 38.64%, Savoriness: 52.7%, Fattiness: 91.14%, Spiciness: 0%

### Nutrients (% of daily need)

Calories: 1285.44kcal (64.27%), Fat: 26.34g (40.52%), Saturated Fat: 8.63g (53.92%), Carbohydrates: 212.23g (70.74%), Net Carbohydrates: 205.9g (74.87%), Sugar: 6.94g (7.71%), Cholesterol: 69.17mg (23.06%), Sodium: 420.87mg (18.3%), Protein: 44.44g (88.88%), Manganese: 3.65mg (182.37%), Selenium: 82.94µg (118.48%), Vitamin A: 5402.41IU (108.05%), Zinc: 9.76mg (65.07%), Vitamin B6: 1.3mg (64.82%), Vitamin K: 57.92µg (55.16%), Phosphorus: 529.6mg (52.96%), Vitamin B3: 9.58mg (47.9%), Copper: 0.74mg (37.17%), Magnesium: 142.44mg (35.61%), Vitamin B12: 1.94µg (32.32%), Vitamin B5: 3.08mg (30.81%), Vitamin B2: 0.48mg (28.51%), Iron: 4.76mg (26.45%), Fiber: 6.33g (25.33%), Potassium: 858.85mg (24.54%), Vitamin B1: 0.35mg (23.45%), Folate: 64.41µg (16.1%), Vitamin C: 13.22mg (16.03%), Calcium: 145.62mg (14.56%), Vitamin E: 1.52mg (10.14%)