



Korean Beef with Spicy Cabbage



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 6 servings spicy cabbage
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 teaspoons sesame oil dark
- ☐ 1 pound flank steak trimmed
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.3 cup green onions chopped

- ☐ 0.3 cup soya sauce low-sodium
- ☐ 2 tablespoons mirin sweet (rice wine)
- ☐ 1.5 tablespoons sesame seed crushed toasted

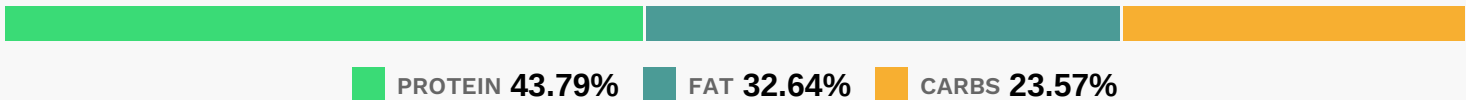
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine first 9 ingredients in a bowl, stirring until sugar dissolves. Reserve 1/3 cup marinade.
- ☐ Pour remaining marinade into a large zip-top plastic bag.
- ☐ Add meat, and marinate in refrigerator 8 hours, turning bag occasionally.
- ☐ Preheat broiler.
- ☐ Remove meat from bag; discard marinade from bag.
- ☐ Place meat on a broiler pan coated with cooking spray. Broil 6 to 8 minutes per side.
- ☐ Let stand 5 minutes.
- ☐ Place reserved 1/3 cup marinade in a small saucepan. Cook over medium heat 2 to 3 minutes or until hot.
- ☐ Cut steak diagonally across grain into thin slices.
- ☐ Serve over Spicy Cabbage; drizzle with reserved marinade.

Nutrition Facts



Properties

Glycemic Index:26, Glycemic Load:1.21, Inflammation Score:-5, Nutrition Score:15.356956461202%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 177.4kcal (8.87%), Fat: 6.26g (9.63%), Saturated Fat: 1.93g (12.08%), Carbohydrates: 10.17g (3.39%), Net Carbohydrates: 7.89g (2.87%), Sugar: 6.33g (7.03%), Cholesterol: 45.36mg (15.12%), Sodium: 567.7mg (24.68%), Alcohol: 0.81g (100%), Alcohol %: 0.57% (100%), Protein: 18.9g (37.8%), Vitamin K: 63.1µg (60.09%), Selenium: 23.49µg (33.56%), Vitamin C: 26.54mg (32.17%), Vitamin B6: 0.6mg (29.76%), Vitamin B3: 5.18mg (25.9%), Zinc: 3.32mg (22.14%), Phosphorus: 210.29mg (21.03%), Potassium: 463.18mg (13.23%), Folate: 50.99µg (12.75%), Manganese: 0.25mg (12.42%), Iron: 2.11mg (11.73%), Vitamin B12: 0.69µg (11.47%), Magnesium: 44.13mg (11.03%), Vitamin B2: 0.16mg (9.38%), Fiber: 2.28g (9.12%), Copper: 0.17mg (8.4%), Vitamin B1: 0.12mg (8.14%), Calcium: 75.38mg (7.54%), Vitamin B5: 0.68mg (6.85%), Vitamin E: 0.5mg (3.3%), Vitamin A: 159.76IU (3.2%)