



Korean Marinated Beef

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 leaf boston lettuce white steamed thinly sliced soft
- 1 lb flank steak very thin (no more than 1/)
- 1 tablespoon ginger fresh minced peeled
- 1 tablespoon garlic minced
- 0.5 cup spring onion white green separated minced (and pale parts from greens)
- 2 teaspoons sesame oil
- 3 tablespoons sesame seed toasted
- 0.3 cup soya sauce

- 1 tablespoon sugar
- 1 tablespoon vegetable oil

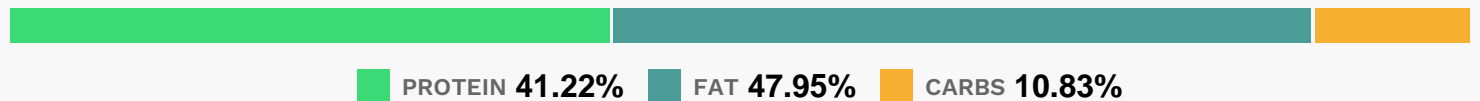
Equipment

- bowl
- frying pan

Directions

- Stir together soy sauce, sugar, sesame oil, white and pale green scallions, garlic, ginger, and 2 tablespoons sesame seeds in a bowl until sugar is dissolved.
- Add steak and toss to coat, then marinate 15 minutes.
- Heat vegetable oil in a 12-inch heavy skillet over high heat until just smoking, then add steak in 1 layer and sauté, turning over occasionally, until browned and just cooked through, about 5 minutes total.
- Transfer to a platter and sprinkle with scallion greens and remaining 1 tablespoon sesame seeds, then serve with accompaniments.
- *Available at Asian markets and many supermarkets.

Nutrition Facts



Properties

Glycemic Index:49.27, Glycemic Load:2.86, Inflammation Score:-5, Nutrition Score:17.088695961496%

Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg, Quercetin: 1.47mg

Nutrients (% of daily need)

Calories: 266.59kcal (13.33%), Fat: 14.13g (21.74%), Saturated Fat: 3.58g (22.4%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 5.91g (2.15%), Sugar: 3.63g (4.04%), Cholesterol: 68.04mg (22.68%), Sodium: 873.52mg (37.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.33g (54.65%), Selenium: 36.04µg (51.49%), Vitamin B3: 8.01mg (40.06%), Vitamin B6: 0.8mg (40.04%), Vitamin K: 37.63µg (35.84%), Zinc: 4.96mg (33.04%), Phosphorus:

295.17mg (29.52%), Copper: 0.37mg (18.42%), Iron: 3.24mg (18.01%), Vitamin B12: 1.03µg (17.2%), Manganese: 0.3mg (14.84%), Potassium: 504.27mg (14.41%), Magnesium: 56.05mg (14.01%), Vitamin B2: 0.18mg (10.76%), Vitamin B1: 0.15mg (10.07%), Calcium: 99.46mg (9.95%), Folate: 34.16µg (8.54%), Vitamin B5: 0.8mg (8.02%), Fiber: 1.27g (5.07%), Vitamin A: 249.54IU (4.99%), Vitamin E: 0.73mg (4.88%), Vitamin C: 3.2mg (3.88%)