



## Korean Sesame Beef with Lettuce Wraps

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



941 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons canola oil divided
- 1 teaspoon sesame oil dark
- 0.8 pound flank steak trimmed
- 1 tablespoon garlic minced
- 0.3 cup green onions divided thinly sliced
- 1 cup kimchi
- 16 leaf lettuce leaves red
- 2 tablespoons soya sauce low-sodium

- 1 tablespoon sesame seed toasted
- 4 cups short-grain rice hot cooked
- 1 tablespoon sugar

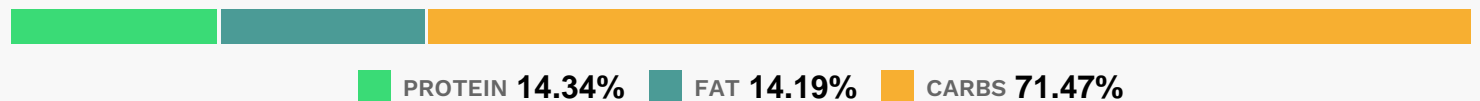
## Equipment

- bowl
- wok

## Directions

- Cut steak across grain into 1/4-inch slices; cut slices into 1/2-inch-wide strips.
- Cut strips into 3-inch-long pieces.
- Combine steak pieces, 1/4 cup onions, sugar, soy sauce, garlic, and sesame oil.
- Heat a 14-inch wok over high heat.
- Add 1 tablespoon canola oil to wok, swirling to coat.
- Add half of steak mixture to wok; stir-fry 2 minutes or until lightly browned. Spoon cooked steak mixture into a bowl. Repeat procedure with remaining 1 tablespoon canola oil and remaining steak mixture.
- Sprinkle with remaining onions and sesame seeds. Spoon 1/4 cup rice, about 2 tablespoons steak mixture, and 1 tablespoon kimchi onto each lettuce leaf; roll up.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:62.27, Glycemic Load:127.7, Inflammation Score:-9, Nutrition Score:36.740434688071%

## Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

## Nutrients (% of daily need)

Calories: 941.29kcal (47.06%), Fat: 14.5g (22.3%), Saturated Fat: 2.87g (17.92%), Carbohydrates: 164.26g (54.75%), Net Carbohydrates: 157.61g (57.31%), Sugar: 3.58g (3.98%), Cholesterol: 51.03mg (17.01%), Sodium: 481.17mg (20.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.95g (65.91%), Folate: 500.3µg (125.07%), Manganese: 2.22mg (111.07%), Vitamin B1: 1.22mg (81.62%), Selenium: 56.57µg (80.82%), Vitamin B3: 14.09mg (70.45%), Iron: 11.09mg (61.64%), Vitamin B6: 0.98mg (49.01%), Phosphorus: 401.82mg (40.18%), Vitamin K: 41.57µg (39.59%), Zinc: 5.8mg (38.69%), Vitamin B5: 3.16mg (31.6%), Copper: 0.59mg (29.44%), Fiber: 6.65g (26.59%), Magnesium: 83.92mg (20.98%), Vitamin B2: 0.29mg (17.11%), Potassium: 561.51mg (16.04%), Vitamin B12: 0.77µg (12.9%), Vitamin E: 1.61mg (10.72%), Vitamin A: 409.86IU (8.2%), Calcium: 66.22mg (6.62%), Vitamin C: 2.34mg (2.83%)