



 **54%**
HEALTH SCORE

Max and Eli Sussman's Korean-Style Short Ribs

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

READY IN



1440 min.

SERVINGS



2

CALORIES



1226 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup t brown sugar dark packed
- 8 garlic clove chopped
- 1 bunch spring onion thinly sliced
- 1 tablespoon pepper black
- 2 servings rice white steamed for serving
- 0.3 cup rice vinegar
- 3 pounds beef ribs korean-style

- 1 cup soya sauce
- 3 tablespoons sriracha plus more for serving
- 2 tablespoons vinegar white
- 0.5 large onion yellow chopped

Equipment

- bowl
- baking sheet
- whisk
- plastic wrap
- aluminum foil
- broiler

Directions

- In a large bowl, whisk together the soy sauce, 1 cup water, the vinegars, brown sugar, sriracha, and pepper.
- Add the yellow onion, green onions, and garlic and stir to blend well.
- Add the short ribs and turn to coat well with the marinade. Cover with plastic wrap and let marinate in the refrigerator for at least 12 hours or, preferably, 24 hours.
- Line a large, heavy-duty baking sheet with foil.
- Remove the ribs from the marinade and shake off the onions and garlic.
- Place on the prepared baking sheet and let come to room temperature (this could take up to an hour).
- Preheat the broiler. Broil the ribs until the surface of the meat begins to caramelize, 5 to 7 minutes.
- Remove from the broiler, turn, slide back under the broiler, and broil until cooked through, about 5 minutes longer.
- Remove from the broiler and serve right away with rice, hoisin sauce, and additional sriracha.

Nutrition Facts



■ PROTEIN 36.76% ■ FAT 38.25% ■ CARBS 24.99%

Properties

Glycemic Index:172.5, Glycemic Load:27.19, Inflammation Score:-7, Nutrition Score:49.924347986346%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 9.1mg, Quercetin: 9.1mg, Quercetin: 9.1mg

Nutrients (% of daily need)

Calories: 1225.91kcal (61.3%), Fat: 51.24g (78.83%), Saturated Fat: 21.66g (135.39%), Carbohydrates: 75.32g (25.11%), Net Carbohydrates: 72.06g (26.2%), Sugar: 39.85g (44.28%), Cholesterol: 293.04mg (97.68%), Sodium: 7336.06mg (318.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 110.79g (221.57%), Vitamin B12: 16.84µg (280.63%), Zinc: 24.95mg (166.33%), Vitamin B6: 2.5mg (124.9%), Phosphorus: 1172.41mg (117.24%), Selenium: 81.17µg (115.95%), Vitamin B3: 22.16mg (110.8%), Manganese: 1.73mg (86.57%), Iron: 14.77mg (82.04%), Potassium: 2300.4mg (65.73%), Vitamin B2: 1.01mg (59.16%), Magnesium: 184.18mg (46.05%), Vitamin B1: 0.61mg (40.62%), Copper: 0.68mg (33.99%), Vitamin K: 30.57µg (29.12%), Vitamin C: 23.36mg (28.32%), Vitamin B5: 2.57mg (25.72%), Folate: 70.26µg (17.57%), Calcium: 157.98mg (15.8%), Fiber: 3.26g (13.05%), Vitamin A: 169.47IU (3.39%), Vitamin E: 0.17mg (1.13%)