



Pineapple Dak Bulgogi (Pineapple Korean BBQ Chicken)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 1 pound chicken breast thinly sliced ()
- ☐ 5 cloves garlic grated ()
- ☐ 1 inch ginger grated ()
- ☐ 0.5 cup korean honey citron tea paste
- ☐ 2 green onions chopped ()
- ☐ 1 small onion grated ()

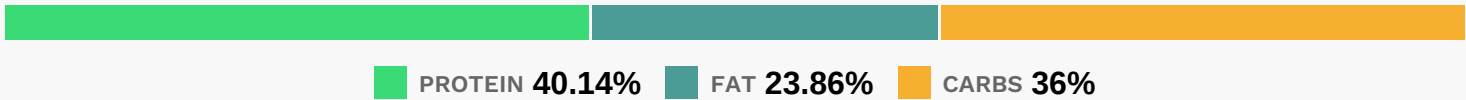
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup pineapple pieces & their juice
- ☐ 1 tablespoon sesame oil
- ☐ 1 tablespoon sesame seed crushed toasted (and)
- ☐ 0.5 cup soya sauce

Equipment

Directions

- ☐ Mix everything in a freezer bag and marinate for an hour.
- ☐ Place the chicken breasts in the freezer for an hour or two to stiffen them up a bit and they will be much easier to slice thinly.

Nutrition Facts



Properties

Glycemic Index:58, Glycemic Load:4.59, Inflammation Score:-5, Nutrition Score:18.313478210698%

Flavonoids

Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg

Nutrients (% of daily need)

Calories: 283.45kcal (14.17%), Fat: 7.7g (11.84%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 26.13g (8.71%), Net Carbohydrates: 24.78g (9.01%), Sugar: 13.3g (14.78%), Cholesterol: 72.57mg (24.19%), Sodium: 1763.1mg (76.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.13g (58.26%), Vitamin B3: 13.82mg (69.11%), Vitamin B6: 1.11mg (55.62%), Selenium: 38.35µg (54.79%), Phosphorus: 324.83mg (32.48%), Manganese: 0.63mg (31.25%), Potassium: 763.44mg (21.81%), Vitamin C: 16.4mg (19.88%), Vitamin B5: 1.82mg (18.17%), Magnesium: 64.4mg (16.1%), Vitamin K: 14.05µg (13.38%), Copper: 0.27mg (13.33%), Vitamin B1: 0.19mg (12.66%), Vitamin B2: 0.21mg (12.54%), Iron: 2.09mg (11.61%), Folate: 33.25µg (8.31%), Zinc: 1.16mg (7.75%), Calcium: 63.92mg (6.39%), Fiber: 1.36g (5.42%), Vitamin B12: 0.23µg (3.78%), Vitamin A: 166.25IU (3.32%), Vitamin E: 0.41mg (2.75%)