



Pineapple Dak Bulgogi Tacos (Korean Spicy Pineapple BBQ Chicken Tacos)

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN



45 min.

SERVINGS



4

CALORIES



922 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

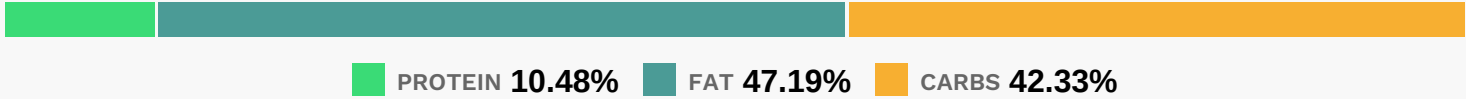
- ☐ 1 cup onion and cilantro relish
- ☐ 1 batch pineapple dak bulgogi (Korean BBQ chicken)
- ☐ 1 cup salsa roja korean style
- ☐ 2 cups lettuce in a korean sesame vinaigrette shredded
- ☐ 6 tablespoons sesame seed crushed toasted (and)
- ☐ 12 small tortillas

Equipment

Directions

☐ Assemble tacos as you like and enjoy.

Nutrition Facts



Properties

Glycemic Index:47.42, Glycemic Load:33.95, Inflammation Score:-10, Nutrition Score:52.673913043478%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

Nutrients (% of daily need)

Calories: 921.89kcal (46.09%), Fat: 50.84g (78.21%), Saturated Fat: 8.73g (54.57%), Carbohydrates: 102.62g (34.21%), Net Carbohydrates: 84.18g (30.61%), Sugar: 30.06g (33.4%), Cholesterol: 0mg (0%), Sodium: 1102.23mg (47.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.4g (50.81%), Manganese: 4.81mg (240.36%), Copper: 3.95mg (197.58%), Vitamin C: 112.34mg (136.17%), Calcium: 1036.46mg (103.65%), Iron: 16.94mg (94.1%), Magnesium: 366.07mg (91.52%), Vitamin B1: 1.36mg (90.72%), Phosphorus: 783.13mg (78.31%), Fiber: 18.43g (73.73%), Selenium: 51.01µg (72.87%), Vitamin B6: 1.16mg (57.81%), Folate: 219.91µg (54.98%), Zinc: 7.69mg (51.26%), Vitamin B3: 9.81mg (49.06%), Vitamin B2: 0.57mg (33.69%), Potassium: 992.37mg (28.35%), Vitamin K: 10.95µg (10.43%), Vitamin A: 451.86IU (9.04%), Vitamin B5: 0.85mg (8.54%), Vitamin E: 1.06mg (7.09%)