



Q's Seoul Bulgogi and Kimchi

READY IN



60 min.

SERVINGS



4

CALORIES



559 kcal

SIDE DISH

Ingredients

- ☐ 4 all-beef hot dogs
- ☐ 4 servings butter
- ☐ 1 tablespoon cooking oil
- ☐ 2 teaspoons garlic minced
- ☐ 1 tablespoon ginger minced
- ☐ 0.5 teaspoon granulated sugar
- ☐ 2 teaspoons coarse ground pepper black
- ☐ 0.1 cup honey
- ☐ 4 new hot dog buns england-style

- ☐ 4 tablespoons kimchi store-bought chopped
- ☐ 0.1 cup rice wine vinegar
- ☐ 1 pound skirt steak thick cleaned thin of all fat, leave layers of fat
- ☐ 0.3 cup soya sauce
- ☐ 1 tablespoon sriracha
- ☐ 4 teaspoons sriracha

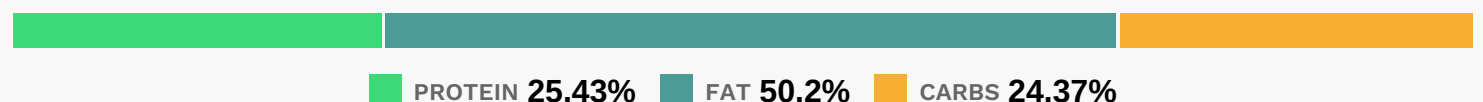
Equipment

- ☐ frying pan
- ☐ oven
- ☐ grill

Directions

- ☐ Cook the hot dogs in boiling water, or on a grill or in a frying pan. Toast the buns in the oven with a little butter. While the buns are toasting, heat a saute pan over medium heat with the cooking oil.
- ☐ Add Q's Bulgogi and cook until meat is cooked through, 2 to 3 minutes.
- ☐ When the hot dogs are done cooking, remove the buns from the oven and place a hot dog in each bun. On one side of each hot dog place 1 tablespoon cooked Q's Bulgogi. On the other side place 1 tablespoon kimchi.
- ☐ Drizzle Sriracha over the entire hot dog.
- ☐ Serve.
- ☐ Cut the steak into ribbons about 1/4-inch long and thick.
- ☐ Combine the steak with the soy sauce, honey, vinegar, ginger, Sriracha, garlic, pepper and sugar.
- ☐ Mix thoroughly and place in a storage container to marinate in the fridge at least 30 minutes until ready to use.

Nutrition Facts



Properties

Glycemic Index:94.09, Glycemic Load:18.04, Inflammation Score:-4, Nutrition Score:22.389565301978%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 559.44kcal (27.97%), Fat: 31.41g (48.32%), Saturated Fat: 11.96g (74.76%), Carbohydrates: 34.32g (11.44%), Net Carbohydrates: 32.84g (11.94%), Sugar: 13.56g (15.07%), Cholesterol: 107.39mg (35.8%), Sodium: 1854.69mg (80.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.79g (71.59%), Selenium: 42.32µg (60.46%), Zinc: 8.77mg (58.44%), Vitamin B12: 3.24µg (54.04%), Vitamin B3: 10.05mg (50.24%), Vitamin B2: 0.6mg (35.47%), Vitamin B6: 0.65mg (32.57%), Phosphorus: 310.17mg (31.02%), Manganese: 0.58mg (29.18%), Iron: 4.99mg (27.71%), Vitamin B1: 0.33mg (22.1%), Potassium: 538.43mg (15.38%), Folate: 57.56µg (14.39%), Vitamin K: 14.87µg (14.16%), Magnesium: 52.03mg (13.01%), Copper: 0.25mg (12.73%), Calcium: 90.61mg (9.06%), Vitamin B5: 0.86mg (8.58%), Vitamin C: 6.58mg (7.98%), Vitamin E: 1mg (6.65%), Fiber: 1.48g (5.92%), Vitamin A: 165.55IU (3.31%), Vitamin D: 0.38µg (2.56%)