



 **10%**
HEALTH SCORE

Short Rib "Steaks" with Grilled Kimchi

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

READY IN



75 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds beef ribs boneless thick country-style trimmed
- 2 tablespoons canola oil
- 1.5 tablespoons ginger fresh chopped
- 3 garlic clove
- 0.5 cup mirin
- 0.8 cup onion chopped
- 1 cup pears peeled coarsely chopped
- 0.5 cup rice wine

- 0.5 cup soya sauce
- 3 cups kimchi drained

Equipment

- bowl
- blender
- grill
- kitchen thermometer

Directions

- Whirl pear, onion, ginger, garlic, sake, mirin, and soy sauce in a blender until pureed.
- Pour into a deep bowl, add short ribs, and chill 3 to 4 hours.
- Drain marinade and let meat come to room temperature, about 30 minutes.
- Meanwhile, heat grill to medium (350 to 450°F)
- for a gas grill or hot (450 to 550°F)
- for a charcoal grill, with a burner turned off or an area left clear for indirect heat. In a bowl, toss kimchi with oil and set aside. Grill meat, covered, over direct heat, turning once, until marks appear, 4 minutes total.
- Transfer meat to indirect heat area and set a metal rack over direct heat, crosswise over grates. Cook steak over indirect heat until a thermometer reaches 125 for medium-rare, 6 to 8 minutes. Meanwhile, grill kimchi on rack, turning once, until lightly charred, about 8 minutes total. Set kimchi on a platter with steaks on top, and serve with rice if you like.
- *Short ribs don't come already boned, so you can ask a butcher to do it, bone them yourself (3 3/4 lbs. yields 1 1/2 lbs. trimmed "steaks"), or substitute boneless beef country-style ribs, a cut from the chuck eye roll that's similar in flavor, though less marbled. Find kimchi in grocery stores' refrigerated foods section and at Asian markets.

Nutrition Facts



Properties

Glycemic Index:30.94, Glycemic Load:2.89, Inflammation Score:-6, Nutrition Score:20.654782932738%

Flavonoids

Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg, Cyanidin: 0.83mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg, Isorhamnetin: 1.62mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg, Quercetin: 6.47mg

Nutrients (% of daily need)

Calories: 430.99kcal (21.55%), Fat: 20.23g (31.12%), Saturated Fat: 5.98g (37.38%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 24g (8.73%), Sugar: 13.61g (15.12%), Cholesterol: 73.26mg (24.42%), Sodium: 2358.78mg (102.56%), Alcohol: 7.78g (100%), Alcohol %: 2.59% (100%), Protein: 28.47g (56.93%), Vitamin B12: 4.21µg (70.16%), Zinc: 6.38mg (42.55%), Vitamin K: 44.53µg (42.41%), Vitamin B6: 0.81mg (40.29%), Vitamin B3: 6.47mg (32.33%), Iron: 5.75mg (31.93%), Phosphorus: 313.99mg (31.4%), Selenium: 19.49µg (27.85%), Vitamin B2: 0.44mg (25.79%), Potassium: 752.91mg (21.51%), Folate: 66.39µg (16.6%), Magnesium: 60.3mg (15.08%), Fiber: 3.47g (13.88%), Manganese: 0.26mg (13.19%), Vitamin B1: 0.17mg (11.08%), Copper: 0.21mg (10.28%), Vitamin E: 1.38mg (9.22%), Calcium: 60.71mg (6.07%), Vitamin B5: 0.58mg (5.82%), Vitamin C: 4.78mg (5.8%), Vitamin A: 91.08IU (1.82%)