



 **16%**
HEALTH SCORE

Spicy Korean Bbq Pork

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

READY IN



45 min.

SERVINGS



10

CALORIES



178 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds pork loin boneless
- 0.3 cup brown sugar
- 0.3 cup brown sugar
- 3 teaspoons sriracha
- 2 teaspoons ginger fresh minced
- 6 garlic clove minced
- 10 servings rice vinegar
- 2 teaspoons sesame oil

0.3 cup soya sauce

Equipment

sauce pan

grill

Directions

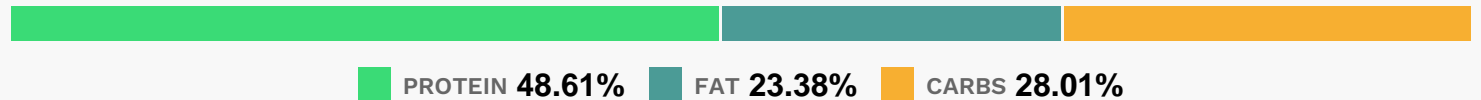
Mix the marinade ingredients (brown sugar, soy sauce, ginger, sesame oil, chili garlic sauce, and ginger).

Pour over your sliced pork. Marinate no less than 4 hours; overnight is recommended. Preheat your grill to high.

Place pork on grill and grill each side 3 minutes or until cooked through. If you want a sauce to pour over your meat, boil your leftover marinade in a sauce pan for a few minutes until it boils down and thickens. You can then add rice vinegar to taste to thin it and decrease the sweetness.

Pour sauce over meat.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:9.6395652173913%

Flavonoids

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

Taste

Sweetness: 34.36%, Saltiness: 100%, Sourness: 10.52%, Bitterness: 12.09%, Savoriness: 71.28%, Fattiness: 65.82%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 177.74kcal (8.89%), Fat: 4.5g (6.92%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 12.13g (4.04%), Net Carbohydrates: 11.98g (4.36%), Sugar: 11.06g (12.28%), Cholesterol: 57.15mg (19.05%), Sodium: 445.67mg (19.38%), Protein: 21.06g (42.11%), Selenium: 25.59µg (36.56%), Vitamin B6: 0.72mg (36.2%), Vitamin B3: 5.47mg (27.34%),

Vitamin B1: 0.41mg (27.27%), Phosphorus: 215.19mg (21.52%), Zinc: 1.68mg (11.23%), Potassium: 375.19mg (10.72%),
Vitamin B2: 0.18mg (10.62%), Vitamin B12: 0.46µg (7.71%), Vitamin B5: 0.72mg (7.24%), Magnesium: 27.57mg
(6.89%), Iron: 0.74mg (4.11%), Manganese: 0.08mg (3.8%), Copper: 0.07mg (3.61%), Vitamin D: 0.36µg (2.42%),
Calcium: 18.45mg (1.84%)