



Sweet-and-Salty Korean Barbecued Short Ribs

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



216 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 pounds beef ribs bone-in kalbi or flanken-style thinly sliced
- ☐ 0.5 cup garlic clove peeled
- ☐ 0.5 cup mirin
- ☐ 1 small onion coarsely chopped (small)
- ☐ 1 cup orange juice freshly squeezed
- ☐ 4 spring onion coarsely chopped
- ☐ 0.5 cup sesame oil toasted
- ☐ 2 tablespoons sesame seed toasted

- ☐ 1 cup soya sauce
- ☐ 0.3 cup sugar
- ☐ 30 servings vegetable oil for brushing

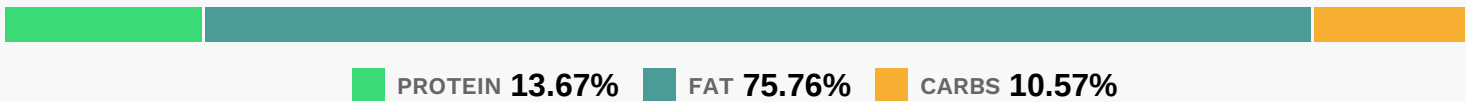
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ In a blender, puree the onion, scallions, garlic, soy sauce, orange juice, mirin, sesame oil, sugar and sesame seeds until smooth.
- ☐ Transfer the marinade to a large baking dish.
- ☐ Add the short ribs and turn to coat. Cover and refrigerate overnight. Bring the short ribs to room temperature before cooking.
- ☐ Preheat the oven to Light a grill or preheat a grill pan and brush with vegetable oil. Working in batches, grill the short ribs over high heat, turning once, until nicely browned and charred in spots, about 2 minutes per side.
- ☐ Transfer the ribs to a rimmed baking sheet and keep warm in the oven while you grill the remaining ribs.
- ☐ Serve the ribs with rice, macaroni salad and kimchi.

Nutrition Facts



Properties

Glycemic Index:8.7, Glycemic Load:1.96, Inflammation Score:-2, Nutrition Score:6.1921738308409%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 215.91kcal (10.8%), Fat: 18.41g (28.33%), Saturated Fat: 3.72g (23.22%), Carbohydrates: 5.78g (1.93%), Net Carbohydrates: 5.51g (2%), Sugar: 3.58g (3.97%), Cholesterol: 19.54mg (6.51%), Sodium: 484.49mg (21.06%), Alcohol: 0.39g (100%), Alcohol %: 0.63% (100%), Protein: 7.47g (14.94%), Vitamin K: 29.21µg (27.82%), Vitamin B12: 1.12µg (18.71%), Zinc: 1.7mg (11.32%), Vitamin B6: 0.18mg (9.2%), Phosphorus: 82.46mg (8.25%), Vitamin E: 1.17mg (7.81%), Selenium: 5.37µg (7.68%), Vitamin B3: 1.52mg (7.6%), Vitamin C: 5.31mg (6.44%), Iron: 1.06mg (5.91%), Manganese: 0.1mg (5.05%), Potassium: 170.58mg (4.87%), Vitamin B2: 0.07mg (4.19%), Vitamin B1: 0.05mg (3.59%), Magnesium: 14.28mg (3.57%), Copper: 0.07mg (3.39%), Folate: 7.91µg (1.98%), Vitamin B5: 0.17mg (1.69%), Calcium: 16.11mg (1.61%), Fiber: 0.27g (1.08%)