



The Real Deal Korean Beef Ribs

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

READY IN

ready

90 min.

SERVINGS

servings

6

CALORIES

calories

512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons garlic minced
- ☐ 2 tablespoons ground pepper black
- ☐ 2 tablespoons honey
- ☐ 0.5 cup soya sauce reduced-sodium
- ☐ 1.5 tablespoons asian plum wine
- ☐ 1 tablespoon asian sesame oil toasted
- ☐ 4 pounds short korean-style beef chuck flanken, cut
- ☐ 3 tablespoons water

☐ 0.5 cup sugar white

Equipment

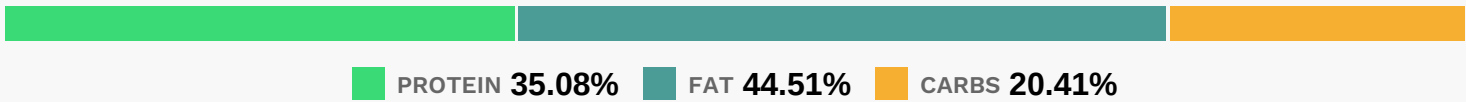
☐ whisk

☐ grill

Directions

- ☐ Wash the ribs, removing any stray bits of bone, and allow to drain for 30 minutes.
- ☐ Whisk together the soy sauce, sugar, honey, garlic, pepper, water, sesame oil, and plum wine until the sugar has dissolved; pour the mixture into a 1 gallon plastic zipper bag.
- ☐ Place the ribs into the marinade, squeeze all the air out of the bag, zip it up, and refrigerate at least 24 hours.
- ☐ The next day, remove the ribs from the refrigerator and allow to come to room temperature before grilling.
- ☐ Remove the ribs from the marinade and discard the marinade.
- ☐ Preheat an outdoor grill for medium-high heat, and lightly oil the grate. Grill the ribs until browned and no longer pink inside, 4 to 6 minutes per side.

Nutrition Facts



Properties

Glycemic Index:33.23, Glycemic Load:15.15, Inflammation Score:-3, Nutrition Score:22.621739393991%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 512.19kcal (25.61%), Fat: 25.02g (38.5%), Saturated Fat: 9.93g (62.05%), Carbohydrates: 25.82g (8.61%), Net Carbohydrates: 25.09g (9.13%), Sugar: 22.56g (25.06%), Cholesterol: 130.24mg (43.41%), Sodium: 910.35mg (39.58%), Alcohol: 0.39g (100%), Alcohol %: 0.17% (100%), Protein: 44.38g (88.75%), Vitamin B12: 7.48µg (124.72%), Zinc: 10.8mg (71.98%), Vitamin B6: 0.94mg (46.88%), Selenium: 32.53µg (46.48%), Phosphorus: 462.97mg (46.3%),

Vitamin B3: 7.83mg (39.15%), Iron: 5.35mg (29.7%), Potassium: 907.83mg (25.94%), Vitamin B2: 0.4mg (23.77%), Manganese: 0.43mg (21.58%), Magnesium: 67.94mg (16.99%), Vitamin B1: 0.22mg (14.91%), Copper: 0.2mg (10.12%), Vitamin B5: 0.82mg (8.24%), Folate: 23.19µg (5.8%), Calcium: 38.83mg (3.88%), Vitamin K: 3.64µg (3.46%), Fiber: 0.72g (2.9%), Vitamin C: 0.87mg (1.05%)