



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Korean Beef Rice Bowls ♦♦

Korean Beef Rice Bowls are a delicious and flavorful dish that originated in Korea. This dish is typically made with thinly sliced beef, marinated in a savory sauce, and served over a bed of steamed rice. It is often garnished with vegetables and topped with a fried egg. Korean Beef Rice Bowls are a popular and easy-to-make meal that can be enjoyed any time of the day.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Beef
4 tbsp	soy sauce
2 tbsp	sesame oil
3 cloves	garlic

1 tsp	Ginger
2 tbsp	brown sugar
2 tbsp	rice vinegar
1 tsp	sesame seeds
3 stalks	Green Onions
100 g	Carrots
100 g	cucumber
4 pieces	Eggs

Directions

Step 1

Mixing

In a bowl, mix together soy sauce, sesame oil, minced garlic, grated ginger, brown sugar, and rice vinegar to make the marinade.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Preparation

Slice the beef into thin strips and add them to the marinade. Let the beef marinate for at least 30 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Stove

Heat a skillet over medium-high heat and add the marinated beef. Cook for about 5-7 minutes, until the beef is cooked through.

Prep Time: 0 mins

Cook Time: 7 mins

Step 4

Cutting

While the beef is cooking, prepare the vegetables. Slice the green onions, carrots, and cucumber into thin strips.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Stove

In a separate skillet, fry the eggs to your desired doneness.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Plating

To serve, divide the cooked rice among bowls. Top with the cooked beef, sliced vegetables, and a fried egg. Sprinkle with sesame seeds and garnish with additional green onions.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 450 kcal

Fat: 20 g

Protein: 30 g

Carbohydrates: 35 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Protein	30 g	176.47%	176.47%
---------	------	---------	---------

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	35 g	63.64%	70%
Fibers	3 g	7.89%	12%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	20 g	71.43%	80%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	60 mcg	2500%	2500%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	25 mg	227.27%	312.5%
Selenium	60 mcg	109.09%	109.09%

Recipe Attributes

Cuisines

Korean

Mexican

Thai

Mediterranean

Spanish

Course

Salads

Snacks

Appetizers

Main Dishes

Events

Picnic

Preparation Time

More than 1 Hour

Difficulty Level

Easy

Medium

Nutritional Content

Low Calorie

High Protein

Low Carb

Low Sodium

High Calcium

Kitchen Tools

Blender

Oven

Meal Type

Lunch

Dinner

Snack

Visit our website: healthdor.com