



THE ENGLISH TEACHER'S GUIDE TO KOREA

Living, Working, and Thriving in Korea Sparkling

By
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Appendix 2

ATEK Press

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APPENDIX 2: KOREAN FOODS AND THEIR APPROXIMATE NUTRITIONAL VALUES

The following list provides the names and descriptions of some of the more common Korean foods. Basic nutritional information is also included. Bear in mind that this information is a general guideline: recipes can vary. The nutritional information is a rough estimate intended to give you a reference point as to the general macronutritional makeup of the each food. If you are calorie counting or on a strict diet that calls for very specific amounts of carbs, fat, and protein, consult another source.

<u>Name</u>	<u>Description</u>	<u>Srv. Size</u>	<u>Nutrition</u>
<i>RICE DISHES</i>			
김밥 Kimbap	Rice rolls with vegetables and ham.	300 g	484 kcal 73.81 g carbs 12.1 g protein 15.6 g fat
볶음밥 Bokkeumbap	Fried rice.	214 g	476 kcal 74.97 g carbs 13.09 g protein 12.69 g fat
비빔밥 Bibimbap	Rice bowl with meat, vegetables, and egg.	420 g	536 kcal 80.4 g carbs 22.78 g protein 13.7 g fat
삼각김밥-소고기고추장 Samgak Kimbap – Sogogi Gochujang	Triangle shaped kimbap with beef and hot pepper paste filling.	100 g	172 kcal 27.09 g carbs 8.17 g protein 3.44 g fat
삼각김밥-참치김치매운맛 Samgak Kimbap – Chamchi Kimchi Maeun Mat	Triangle shaped kimbap with spicy tuna-kimchi filling.	100 g	161 kcal 24.15 g carbs 8.05 g protein 3.58 g fat
오징어덮밥 Ojingeo Deopbap	Fried squid and vegetables in sauce, served over rice.	239 g	428 kcal 78.11 g carbs 21.4 g protein 1.9 g fat

콩나물비빔밥 Kongnamul Bibimbap	Rice bowl with bean sprouts, vegetables, and meat.	350 g	394 kcal 72.89 g carbs 13.79 g protein 5.25 g fat
<i>RICE CAKES (DDEOK)</i>			
가래떡 Garae Ddeok	Long, cylindrical rice cakes.	100 g	239 kcal 52.58 g carbs 4.18 g protein 0.8 g fat
간장떡볶이 Kanjang Ddeokbokki	Rice cakes in soy sauce.	153 g	271 kcal 48.78 g carbs 8.13 g protein 4.52 g fat
감자떡 Kamja Ddeok	Glutinous rice cake with potato starch.	90 g	193 kcal 43.43 g carbs 3.86 g protein 0.43 g fat
떡꼬치 Ddeok Ggochi	Glutinous rice cakes served on a stick.	58 g	142 kcal 29.11 g carbs 2.13 g protein 1.74 g fat
떡볶이 Ddeokbokki	Rice cakes in spicy sauce.	108 g	226 kcal 47.46 g carbs 4.52 g protein 2.01 g fat
무지개떡 Mujigae Ddeok	Rainbow colored glutinous rice cake.	100 g	234 kcal 53.24 g carbs 3.51 g protein 0.78 g fat

백설기 Baekseolgi	White glutinous rice cake.	100 g	234 kcal 51.48 g carbs 3.51 g protein 0.78 g fat
시루떡 (붉은팥고물) Siru Ddeok (Red Bean Topping)	White glutinous rice cake with red bean topping.	100 g	205 kcal 42.54 g carbs 5.64 g protein 0.68 g fat
참쌀떡 Chapssal Ddeok	Sweet glutinous rice cake.	100 g	236 kcal 50.15 g carbs 4.72 g protein 1.57 g fat
<i>KIMCHI</i>			
김치볶음 Kimchi Bokkeum	Stir-fried kimchi.	94.5 g	110 kcal 2.2 g carbs 5.23 g protein 8.92 g fat
깍두기 Ggakdugi	Cubed radish kimchi.	50 g	16 kcal 3.08 g carbs 0.6 g protein 0.14 g fat
동치미 Dongchimi	Chopped radish kimchi in served in water.	100 g	11 kcal 2.26 g carbs 0.5 g protein 0 g fat
배추김치 Baechu Kimchi	Common (napa cabbage) kimchi.	60 g	11 kcal 1.51 g carbs 0.99 g protein 0 g fat

백김치 Baek Kimchi	Cabbage kimchi without hot pepper.	50 g	10 kcal 1.25 g carbs 0.88 g protein 0.17 g fat
열무김치 Yeolmu Kimchi	Baby radish (leaf only) kimchi.	50 g	12 kcal 1.74 g carbs 1.26 g protein 0 g fat
총각김치 Chonggak Kimchi	Baby radish (leaf and root) kimchi.	50 g	16 kcal 2.6 g carbs 1.08 g protein 0.14 g fat
<i>Soups</i>			
갈비탕 Galbi Tang	Beef stew with clear noodles (includes water weight).	250 g	167 kcal 12.23 g carbs 12.23 g protein 7.68 g fat
감자수제비국 Kamja Sujebi Guk	Potato soup with dumpling-noodles (includes water weight).	200 g	112 kcal 20.27 g carbs 5.68 g protein 0.91 g fat
계란파국 Kyeran Pa Guk	Egg-drop soup with green onions (serving weight is dry weight).	52 g	80 kcal 1.6 g carbs 5.8 g protein 5.51 g fat
닭곰탕 Dalk Gom Tang	Chicken soup (serving weight includes water).	250 g	129 kcal 5.48 g carbs 12.26 g protein 6.31 g fat

동태무국 Dongtae Mu Guk	Pollack radish soup.	120 g	69 kcal 3.45 g carbs 12.08 g protein 0.69 g fat
두부된장국 Dubu Doenjang Guk	Bean paste soup with tofu.	123.5 g	111 kcal 8.49 g carbs 9.63 g protein 4.28 g fat
떡국 Ddeok Guk	Rice cake soup.	430 g	432 kcal 79.92 g carbs 12.96 g protein 5.76 g fat
만두국 Mandu Guk	Dumpling soup (includes water).	400 g	420 kcal 32.24 g carbs 20.58 g protein 23.19 g fat
무된장국 Doenjang Guk	Bean paste soup.	93.5 g	54 kcal 5.72 g carbs 5.17 g protein 1.16 g fat
미역국 Miyeok Guk	Seaweed soup (includes water).	250 g	55 kcal 3.99 g carbs 4.95 g protein 2.02 g fat
미역오이냉국 Miyeok Oi Naeng Guk	Seaweed and cucumber soup, served cold.	109 g	32 kcal 5.07 g carbs 1.54 g protein 0.58 g fat
배추된장국 Baechu Doenjang Guk	Bean paste soup with napa cabbage.	119 g	65 kcal 3.58 g carbs 8.61 g protein 1.81 g fat

북어콩나물국 Bugeo Kongnamul Guk	Bean sprout soup with dried pollack (serving weight includes water).	250 g	125 kcal 0.94 g carbs 20.31 g protein 4.31 g fat
새알미역국 Saeal Miyok Guk	Seaweed soup with eggs.	53 g	137 kcal 19.52 g carbs 6.51 g protein 3.5 g fat
쇠고기무국 Soegogi Mu Guk	Beef soup with Korean radish.	80.6 g	77 kcal 2.5 g carbs 7.32 g protein 4.19 g fat
시금치된장국 Shigeumchi Doenjang Guk	Bean paste soup with spinach.	127 g	60 kcal 4.65 g carbs 5.4 g protein 2.2 g fat
시래기국 Shiraegi Guk	Radish leaf soup.	109 g	79 kcal 6.72 g carbs 8.49 g protein 2.02 g fat
어묵국 Eomuk Guk	Fish paste soup.	105 g	85 kcal 11.11 g carbs 7.29 g protein 1.27 g fat
우거지해장국 Ugeoji Haejang Guk	Greens in a thick broth.	121 g	148 kcal 15.28 g carbs 15.28 g protein 2.86 g fat
유부된장국 Yubu Doenjang Guk	Bean paste soup with fried tofu.	127 g	148 kcal 10.21 g carbs 10.99 g protein 7.02 g fat

육개장 Yukgae Jang	Beef soup with sprouts and vegetables.	169 g	205 kcal 8.51 g carbs 22.91 g protein 8.82 g fat
조개탕 Jogaetang	Fresh clam soup.	107 g	64 kcal 2.29 g carbs 7.58 g protein 2.72 g fat
조갯살된장국 Jogaessal Doenjang Guk	Bean paste soup with clams (shelled).	56 g	64 kcal 6.51 g carbs 6.51 g protein 1.32 g fat
콩나물국 Kong Namul Guk	Bean sprout soup (serving weight includes water).	250 g	42 kcal 5.15 g carbs 4.1 g protein 0.09 g fat
STEWES			
감자찌개 Kamja Chigae	Potato stew.	157 g	123 kcal 14.36 g carbs 6.33 g protein 4.47 g fat
김치찌개 Kimchi Chigae	Kimchi stew.	116 g	57 kcal 5.66 g carbs 4.37 g protein 1.87 g fat
돈육감자탕 Donyuk Kamja Tang	Potato stew with pork.	166 g	171 kcal 19.67 g carbs 10.26 g protein 5.7 g fat

돈육김치찌개 Donyuk Kimchi Chigae	Kimchi stew with pork.	137 g	114 kcal 3.02 g carbs 10.46 g protein 6.68 g fat
동태매운탕 Dongtae Maeuntang	Spicy seafood stew with pollack.	173 g	100 kcal 8.83 g carbs 13.6 g protein 1.14 g fat
된장찌개 Doenjang Chigae	Bean paste stew.	150 g	139 kcal 11.22 g carbs 12.65 g protein 4.83 g fat
두부된장찌개 Dubu Doenjang Chigae	Bean paste stew with tofu.	131 g	110 kcal 11.11 g carbs 8.61 g protein 3.46 g fat
부대찌개 Budae Chigae	Army Base Stew – stew made of miscellaneous odds and ends; usually includes some kind of canned meat. Originally made from US Army MREs.	188 g	272 kcal 20.2 g carbs 18.09 g protein 13.21 g fat
쇠고기두부찌개 Soegogi Dubu Chigae	Firm tofu stew with beef.	93.5 g	95 kcal 6.65 g carbs 7.36 g protein 4.33 g fat
순두부찌개 Sundubu Chigae	Soft tofu stew.	300 g	204 kcal 4.59 g carbs 17.34 g protein 12.92 g fat

우럭매운탕 Ureok Maeuntang	A type of spicy seafood stew.	162.5 g	109 kcal 8.99 g carbs 14.99 g protein 1.33 g fat
참치김치찌개 Chamchi Kimchi Chigae	Kimchi stew with tuna.	121.7 g	199 kcal 7.46 g carbs 12.94 g protein 13.05 g fat
청국장찌개 Cheonggukjang Chigae	Fermented bean paste stew.	140 g	117 kcal 8.19 g carbs 11.41 g protein 4.29 g fat
콩비지찌개 Konbiji Chigae	Okara (soy pulp) stew.	220 g	136 kcal 11.9 g carbs 8.84 g protein 5.29 g fat
표고버섯전골 Pyogo Beosot Jeongol	Shiitake mushrooms stew with glass noodles.	140 g	128 kcal 11.33 g carbs 10.34 g protein 4.59 g fat
VEGETABLE DISHES			
감자조림 Kamja Jorim	Steamed or stewed potatoes with gravy.	126.2 g	133 kcal 14.96 g carbs 2 g protein 7.24 g fat
감자햄볶음 Kamja Ham Bokkeum	Stir fry of julienned potatoes and ham.	118.1 g	161 kcal 10.06 g carbs 4.83 g protein 11.27 g fat

미역줄거리볶음 Miyeok Julgeori Bokkeum	Stir fried stalks of sea vegetables.	96.3 g	69 kcal 3.97 g carbs 1.21 g protein 5.37 g fat
오이도라지생채 Oi Doraji Saengchae	Cucumber and bellflower salad with spicy dressing.	81.5 g	44 kcal 8.66 g carbs 1.17 g protein 0.52 g fat
호박조림 Hobak Jorim	Braised or steamed pumpkin with onions.	88.7 g	44 kcal 7.74 g carbs 2.01 g protein 0.55 g fat
<i>GREENS (NAMUL)</i>			
가지나물 Gaji Namul	Cooked eggplant with dressing.	82.1 g	36 kcal 3.72 g carbs 1.02 g protein 1.9 g fat
고사리나물 Gosari Namul	Fernbrake with mild dressing.	81.5 g	50 kcal 4 g carbs 3 g protein 2.44 g fat
미역나물 Miyeok Namul	Seaweed salad.	78.8 g	20 kcal 2.59 g carbs 1.34 g protein 0.48 g fat
시금치나물 Shigeumchi Namul	Wilted spinach with mild dressing and sesame seeds.	86 g	54 kcal 3.82 g carbs 2.34 g protein 3.26 g fat

취나물 Chui Namul	Wilted aster leaves with dressing.	78 g	37 kcal 4.63 g carbs 2.59 g protein 0.9 g fat
취나물볶음 Chui Namul Bokkeum	Stir fried aster leaves with dressing.	83.8 g	123 kcal 3.69 g carbs 2.15 g protein 11.07 g fat
<i>TOFU (DUBU) DISHES</i>			
두부양념조림 Dubu Angnyeom Jorim	Fried tofu with soy sauce dressing.	102.4 g	125 kcal 1.25 g carbs 9.69 g protein 9.03 g fat
마파두부 Mapadubu	Fried tofu with a sweet and spicy sauce.	119.1 g	113 kcal 7.25 g carbs 9.23 g protein 5.23 g fat
<i>NOODLES</i>			
국수 Guksu	Somen-type noodles, served in broth. Serving weight includes liquid.	350 g	409 kcal 72.6 g carbs 18.41 g protein 4.54 g fat
수제비 Sujebi	Homestyle (hand-torn) dumpling-noodles in shellfish soup.	400 g	425 kcal 78.63 g carbs 15.94 g protein 5.19 g fat

잡채 Japchae	Glass noodles with julienned meats and vegetables. Also spelled “chapchae.”	109 g	178 kcal 31.15 g carbs 4.01 g protein 4.15 g fat
쫄면 Jjolmyeon	Noodles in a spicy sauce, with leafy vegetables.	256 g	458 kcal 76.72 g carbs 19.47 g protein 8.14 g fat
칼국수 Kalguksu	Knife-cut noodles in seafood broth.	520 g	476 kcal 79.73 g carbs 19.04 g protein 8.46 g fat
<i>MEAT DISHES</i>			
닭강정 Dalk Gangjeong	Chicken in a sweet sticky red sauce.	107.9 g	248 kcal 19.22 g carbs 13.02 g protein 11.57 g fat
닭다리조림 Dalkdari Jorim	Stewed chicken, usually dark meat, with an aromatic sauce.	92 g	151 kcal 6.8 g carbs 12.08 g protein 8.05 g fat
닭불고기 Dalk Bulgogi	Chopped marinated chicken, with vegetables in spicy sauce.	115.1 g	171 kcal 8.12 g carbs 12.4 g protein 9.5 g fat
닭야채볶음 Dalk Yache Bokkeum	Stir fried chicken and vegetables.	184 g	166 kcal 12.04 g carbs 16.19 g protein 5.9 g fat

돼지고기섭산적 Dwaeji Gogi Seobsanjeok	Slices of sausage-like pork, possibly on skewers.	145 g	297 kcal 6.68 g carbs 20.79 g protein 20.79 g fat
불고기 Bulgogi	Sliced marinated beef.	100 g	161 kcal 9.9 g carbs 13.56 g protein 7.46 g fat
소세지야채볶음 Sausage Yache Bokkeum	Sliced sausage stir-fried with vegetables.	89 g	166 kcal 7.76 g carbs 6.47 g protein 12.12 g fat
양념치킨 Angnyeom Chicken	Fried battered chicken with a sticky red sauce, either mild or spicy.	123.6 g	358 kcal 10.74 g carbs 20.59 g protein 25.86 g fat
제육볶음 Jeyuk Bokkeum	Stir-fried pork in a spicy sauce.	106 g	193 kcal 11.58 g carbs 13.99 g protein 10.08 g fat
햄버그스테이크 Hamburger Steak	Ground pork patty with gravy.	140 g	220 kcal 17.6 g carbs 14.3 g protein 10.27 g fat
<i>KOREAN BARBECUE</i>			
갈비구이 Galbi Gui	Grilled marinated beef.	254 g	566 kcal 9.91 g carbs 39.62 g protein 38.99 g fat

돼지갈비찜 Dwaeji Galbi Jjim	Grilled pork marinated in galbi sauce.	133.5 g	187 kcal 11.69 g carbs 13.09 g protein 9.56 g fat
삼겹살구이 Samgyeopsal Gu-i	Grilled pork (fresh bacon).	201.5 g	671 kcal 0 g carbs 35.23 g protein 57.41 g fat
<i>FISH AND SEAFOOD DISHES</i>			
갈치구이 Galchi Gui	Pan-fried cuttlefish.	72 g	102 kcal 0 g carbs 12.5 g protein 5.33 g fat
고등어조림 Godeunggeo Jorim	Braised mackerel, often with Korean radishes.	147 g	215 kcal 4.3 g carbs 14.51 g protein 14.57 g fat
삼치조림 Samchi Jorim	Braised or stewed mackerel.	123 g	156 kcal 3.12 g carbs 14.82 g protein 8.67 g fat
삼치튀김 Samchi Twigim	Fried battered mackerel.	83 g	185 kcal 3.7 g carbs 13.88 g protein 12.54 g fat
생선까스 Saengseon-kkaseu	Fried breaded fish cutlet.	170 g	297 kcal 21.01 g carbs 16.56 g protein 16.3 g fat

어묵볶음 Eomuk Bokkeum	Stir-fried fish paste.	111 g	126 kcal 13.86 g carbs 6.93 g protein 4.76 g fat
오징어볶음 Ojingeo Bokkeum	Spicy squid fried rice.	167.2 g	177 kcal 14.75 g carbs 14.75 g protein 6.55 g fat
조기구이 Jogi Gui	Baked yellow corvina seasoned with hot pepper.	72 g	97 kcal 0 g carbs 13.58 g protein 4.31 g fat
해물동그랑땡 Haemul Donggeurang Ddeng	Seafood pancake with vegetables.	80 g	225 kcal 12.38 g carbs 15.75 g protein 12.5 g fat
<i>SIDE DISHES</i>			
계란찜 Gyeran Jjim	Steamed egg dish, similar to omelet or cheese-less quiche.	65 g	92 kcal 1.15 g carbs 6.44 g protein 6.44 g fat
김구이 Kim Gui	Toasted laver (nori) with sesame oil.	3.5 g	14 kcal 0.67 g carbs 0.67 g protein 0.96 g fat
깻잎조림 Ggaesip Jorim	Cooked marinated shiso (occasionally translated "sesame") leaves.	92.3 g	40 kcal 3 g carbs 2 g protein 2 g fat

깻잎찜 Ggesipjjim	Marinated shiso (occasionally translated “sesame”) leaves.	15.5 g	17 kcal 1.57 g carbs 0.85 g protein 0.81 g fat
다시마부각 Dashima Bugak	Fried kelp (dry weight).	12 g	56 kcal 5.74 g carbs 0.28 g protein 3.55 g fat
단무지 Danmuji	Sweet pickled radish.	20 g	2 kcal 0.25 g carbs 0.25 g protein 0 g fat
도토리묵 Dotori Mok	Acorn jelly (info from Pumuone brand dotori mok).	300 g	120 kcal 27.3 g carbs 2.4 g protein 0 g fat
땅콩조림 Ddangkong Jorim	Braised peanuts.	35 g	147 kcal 10.29 g carbs 4.78 g protein 9.64 g fat
무생채 Museongche	Julienned radish with spicy dressing.	78.9 g	31 kcal 5.58 g carbs 0.85 g protein 0.59 g fat
무장아찌 Mujeong Aji	Dried radish in spicy sauce.	70 g	61 kcal 13.27 g carbs 1.53 g protein 0.2 g fat
버섯볶음 Beosot Bokkeum	Stir-fried mushrooms.	128 g	98 kcal 3.92 g carbs 6.86 g protein 6.1 g fat

탕평채 Tangpyeongchae	Bean jelly with sprouts.	189 g	90 kcal 11.93 g carbs 5.18 g protein 2.4 g fat
<i>VINEGARED SIDES (MUCHIM)</i>			
김무침 Kim Muchim	Chopped kim (laver) tossed with dressing.	4.5 g	15 kcal 0.84 g carbs 0.84 g protein 0.92 g fat
낙지무침 Nakji Muchim	Chopped octopus salad with spicy dressing.	139.5 g	56 kcal 5.92 g carbs 6.92 g protein 0.52 g fat
단무지무침 Danmuji Muchim	Sweet pickled radishes with red pepper dressing.	60 g	24 kcal 3.48 g carbs 2.52 g protein 0 g fat
단배추된장무침 Danbaechu Doenjang Muchim	Bok-choy-like cabbage with bean paste dressing/	96 g	66 kcal 5.23 g carbs 3.56 g protein 3.42 g fat
도라지무침 Doraji Muchim	Bellflower with mild dressing.	92.9 g	87 kcal 17.92 g carbs 1.81 g protein 0.9 g fat
도토리묵무침 Dotori Mok Muchim	Acorn jelly and leaf lettuce salad.	198.9 g	86 kcal 18.36 g carbs 1.78 g protein 0.6 g fat

오이무침 Oi Muchim	Cucumbers in spicy dressing.	80 g	39 kcal 4 g carbs 0.98 g protein 2.12 g fat
오징어채무침 Ojingeo Chae Muchim	Thin strips of dried squid and vegetables in spicy dressing.	31 g	100 kcal 3.5 g carbs 13.5 g protein 3.22 g fat
우뚝가사리무침 Umutgasari Muchim	Jelly noodle salad with chopped vegetables.	70 g	47 kcal 2 g carbs 4.23 g protein 0.47 g fat
참나물무침 Chamnamul Muchim	An anise-like herb in spicy dressing.	72 g	26 kcal 3.77 g carbs 1.76 g protein 0.43 g fat
청포묵무침 Cheongpomuk Muchim	Bean jelly side dish.	168 g	98 kcal 10.29 g carbs 5.39 g protein 3.92 g fat
콩나물무침 Kong Namul Muchim	Stir-fried bean sprouts with dressing.	77 g	38 kcal 2.47 g carbs 3.99 g protein 1.35 g fat
<i>DUMPLINGS (MANDU)</i>			
군만두 Gun Mandu	Fried dumplings, usually in a half-moon shape (noodle-type shell).	61.6 g	111 kcal 12.21 g carbs 5.55 g protein 3.82 g fat

김치만두 Kimchi Mandu	Dumplings stuffed with kimchi.	42 g	67 kcal 12.96 g carbs 1.89 g protein 0.84 g fat
비빔만두 Bibim Mandu	Fried dumplings with spicy sauce.	42.25 g	85 kcal 11.35 g carbs 3.25 g protein 2.96 g fat
왕만두 Wang Mandu	Large steamed dumplings, usually in a round shape (noodle-type shell).	50 g	98 kcal 10.29 g carbs 4.9 g protein 4.03 g fat
SNACKS			
고구마튀김 Goguma Twigim	Fried battered or breaded sweet potatoes.	114 g	234 kcal 34.52 g carbs 2.93 g protein 9.1 g fat
마른오징어 Mareun Ojingeo	Thin strips of dried squid.	60 g	217 kcal 3.26 g carbs 42.86 g protein 3.62 g fat
부침개 Buchimgae	Savory pancake with mixed vegetables.	106 g	151 kcal 17.25 g carbs 5.89 g protein 6.49 g fat
뽕튀기 Bbeongtwigi	A type of sweet dry rice cake.	100 g	367 kcal 83.49 g carbs 8.26 g protein 0 g fat

순대 Sundae	Bean curd and sprout sausage in pork casing.	168 g	253 kcal 25.3 g carbs 11.39 g protein 11.81 g fat
오뎅 Odeng	Boiled fish paste, often on a stick.	50 g	70 kcal 8.93 g carbs 5.95 g protein 1.09 g fat
파전 Pajeon	Savory pancake with green onions.	131 g	207 kcal 25.88 g carbs 9.32 g protein 7.36 g fat
해물파전 Haemul Pajeon	Savory seafood pancake with green onions.	146 g	176 kcal 10.56 g carbs 15.84 g protein 7.82 g fat
SWEETS			
계란빵 Gyeran Bbang	Sweet bread topped with egg.	80 g	126 kcal 7.88 g carbs 7.88 g protein 6.86 g fat
깨찰빵 Ggaechal Bbang	Sweet, chewy sesame roll.	60 g	160 kcal 23.6 g carbs 3.6 g protein 5.51 g fat
과배기도너츠 Ggwabaegi Donut	Conical/spiral shaped traditional donut.	42 g	164 kcal 21.32 g carbs 2.05 g protein 7.84 g fat

꿀과배기 Ggul Ggwabaegi	Crunchy donut twists, served with honey.	75 g	355 kcal 15.09 g carbs 7.1 g protein 29.58 g fat
붕어빵 Bungeo Bbang	Fish-shaped pastry filled with red bean paste.	50 g	110 kcal 25.3 g carbs 2.2 g protein 0 g fat
참쌀단팥도넛 Chapssal Danpat Donut	Ball-shaped donuts filled with sweet red bean paste.	58 g	231 kcal 25.99 g carbs 3.47 g protein 8.98 g fat
팥빙수 Patbingsu	Sweet azuki bean paste over shaved ice. Typical toppings include fruits, gummy candies, sweet rice cakes, chocolate sauce, fruit sauce, or sweetened condensed milk.	200 g	361 kcal 71.3 g carbs 4.51 g protein 6.42 g fat
호떡 Hoddeok	Pancake doughnut with sweet nut filling.	150 g	245 kcal 45.94 g carbs 4.29 g protein 4.9 g fat
<i>SAUCES AND CONDIMENTS</i>			
고추장 Gochujang	Hot pepper paste.	15 g	33 kcal 6.52 g carbs 0.99 g protein 0.33 g fat

쌈장 Ssamjang	Spicy seasoned bean paste.	22 g	40 kcal 3.73 g carbs 2.13 g protein 1.84 g fat
초고추장 Cho Gochujang	Hot pepper sauce with vinegar.	21.5 g	46 kcal 9.2 g carbs 1.38 g protein 0.41 g fat
BEVERAGES			
막걸리 Makgeolli	Fermented rice liquor.	150 g	69 kcal
밀크커피 Milk Coffee	Instant coffee with milk and sugar. This is typically what you get when offered “coffee” in Korea, outside of bars and coffee shops.	115 g	42 kcal 5.78 g carbs 0.53 g protein 1.87 g fat
생맥주 Saeng Maekju	Draft beer, domestic (serving size is one 500cc glass).	500 g	190 kcal
소주 Soju	Clear rice spirits (serving size is one shotglass).	45 g	64 kcal
식혜 Sikhye	Sweet rice drink.	200 g	208 kcal 45.76 g carbs 4.68 g protein 0.23 g fat
야쿠르트 Yakult	Yogurt-derived probiotic drink (serving size is one small bottle).	65 g	49 kcal 11.52 g carbs 0.74 g protein 0 g fat

Korean-Chinese Dishes				
양장피 Yangjangpi	Mixed vegetables, meat, and seafood tossed in a hot mustard sauce.	208.5 g	266 kcal 19.02 g carbs 21.08 g protein 11.73 g fat	
쟁반자장 Jaengban Jjajang	Chopped seafood and vegetables in black bean sauce (not including rice or noodles).	317.5 g	473 kcal 67.4 g carbs 7.1 g protein 19.45 g fat	
자장면 Jajang Myeon	Chopped meat and veg in black bean sauce, over noodles.	450 g	674 kcal 114.58 g carbs 18.54 g protein 15.73 g fat	
자장밥 Jajang Bap	Chopped meat and veg in black bean sauce, over rice.	370 g	494 kcal 86.45 g carbs 12.35 g protein 1.1 g fat	
짬뽕국 Jjambbong Guk	Seafood hot-pot style soup.	152 g	127 kcal 7.49 g carbs 13.87 g protein 4.61 g fat	
탕수육 Tangsuyuk	Deep-fried pork strips with a sweet and sour sauce.	151.4 g	308 kcal 26.18 g carbs 14.63 g protein 15.74 g fat	
팔보채 Palbochae	Mixed seafood and vegetables in a spicy sweet and sour sauce.	145 g	162 kcal 4.86 g carbs 17.42 g protein 7.56 g fat	