



 **46%**  
HEALTH SCORE

## Bibimbab (Korean Rice w Vegetables & Beef)

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

READY IN



45 min.

SERVINGS



4

CALORIES



1090 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 carrots cut into thin matchsticks
- 4 cups rice white cooked
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- 6 eggs
- 1 cucumber mixed english with gochugaru) cut into thin matchsticks (
- 1 garlic clove minced
- 4 servings pepper red ( chili flakes; garnish)

- 4 tbsp korean honey citron tea paste red (Korean pepper paste; Sriracha sauce okay too)
- 1 tablespoon olive oil
- 4 tsp sesame oil
- 1 tsp sesame seed (garnish)
- 1 tbsp soya sauce
- 1 bunch pkt spinach fresh (or pre-packaged spinach)
- 1 lb fat-trimmed beef flank steak thin cut (any will work though)

## Equipment

- bowl
- frying pan

## Directions

- Cook rice according to package directions.
- Cut vegetables into matchstick pieces and set aside for sauteing.<sup>3</sup>In a large non-stick pan/skillet, bring 2 cups water to a boil.
- Add spinach and cook, stirring constantly until wilted; drain. When cool enough to handle, squeeze spinach dry into a ball.<sup>4</sup>Wipe out skillet; heat 1 tsp olive oil over medium-high.
- Add carrots and cook until soft, 3 minutes.
- Add garlic and cook until fragrant or semi-browned, 1 minute.
- Add cucumber slices mixed with gochugaru (red pepper flakes).
- Combine spinach and soy sauce; set aside until serving.
- Add thinly sliced beef to non-stick pan and heat until browned. Wipe down with napkin.
- Heat 1 tsp olive oil in non-stick pan over medium-high.
- Add eggs and cook until whites are set and yolks are still runny, about 5 minutes.<sup>7</sup>Divide rice among four bowls; top with vegetables and eggs.
- Drizzle each with sesame oil, sprinkle with sesame seeds. Top with gochujang (red pepper paste) or Sriracha sauce as substitute.\*Bibimbab and its main ingredients (usually rice and vegetables) can be chosen at one's preference. This is the main reason why bibimbab is so appealing; it suits vegetarians, dieters, health-conscience eaters, and even meat-lovers, who

are more than welcome to add beef to their liking. For us, since we usually have rice available to eat at all times, we simply slice up any available vegetables or lettuce leaf varieties in the fridge for an "instant" and very satisfying bibimbab meal. So feel free to deviate from the original recipe!

## Nutrition Facts

**PROTEIN 17.84%** **FAT 27.14%** **CARBS 55.02%**

### Properties

Glycemic Index:121.46, Glycemic Load:144.96, Inflammation Score:-10, Nutrition Score:48.788260869565%

### Flavonoids

Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

### Taste

Sweetness: 100%, Saltiness: 89.01%, Sourness: 25.78%, Bitterness: 33.81%, Savoriness: 57.37%, Fattiness: 98.82%, Spiciness: 0%

### Nutrients (% of daily need)

Calories: 1090.48kcal (54.52%), Fat: 32.72g (50.34%), Saturated Fat: 10.87g (67.93%), Carbohydrates: 149.23g (49.74%), Net Carbohydrates: 143.34g (52.12%), Sugar: 5.29g (5.88%), Cholesterol: 314.69mg (104.9%), Sodium: 534.94mg (23.26%), Protein: 48.39g (96.78%), Vitamin K: 433.82µg (413.17%), Vitamin A: 14144.88IU (282.9%), Manganese: 3.2mg (160.12%), Selenium: 85.5µg (122.14%), Vitamin B6: 1.33mg (66.73%), Zinc: 9.85mg (65.63%), Phosphorus: 593.1mg (59.31%), Folate: 228.16µg (57.04%), Vitamin B2: 0.88mg (51.59%), Vitamin B3: 9.2mg (45.98%), Magnesium: 177.94mg (44.48%), Vitamin B12: 2.47µg (41.16%), Iron: 7.35mg (40.85%), Potassium: 1359.86mg (38.85%), Vitamin C: 30.75mg (37.28%), Copper: 0.69mg (34.44%), Vitamin B5: 3.23mg (32.33%), Vitamin E: 4.21mg (28.04%), Vitamin B1: 0.36mg (23.74%), Fiber: 5.89g (23.55%), Calcium: 215.68mg (21.57%), Vitamin D: 1.43µg (9.56%)