



Bibimbap



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



4

CALORIES



723 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups rice chinese cooked well (takeout works)
- ☐ 4 large eggs
- ☐ 1 pound pd of ground turkey
- ☐ 4 tablespoons brown sugar light
- ☐ 4 servings savory vegetable raw shredded red assorted canned steamed (carrot, baby corn, spinach, bean sprouts, onion...)
- ☐ 6 tablespoons sesame oil toasted
- ☐ 4 servings sesame seed toasted
- ☐ 0.8 cup soya sauce

☐ 2 tablespoons vegetable oil

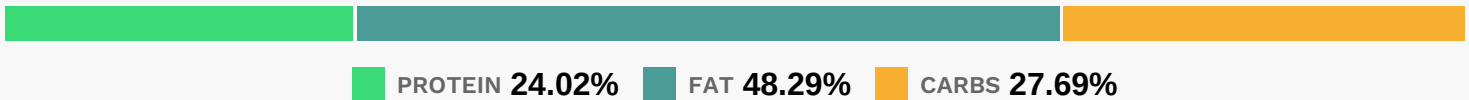
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix together the first three ingredients; set aside.
- ☐ In a pan, brown the meat in half the vegetable oil, about 5 minutes.
- ☐ Add half the soy-sauce mixture and continue cooking until the liquid is absorbed, 3 to 4 minutes.
- ☐ Remove from heat and cover.
- ☐ In another pan, fry the eggs in the remaining vegetable oil, 4 to 5 minutes.
- ☐ Divide the rice among 4 bowls. Arrange some vegetables and meat and an egg in each.
- ☐ Sprinkle with the sesame seeds, then drizzle the remaining soy-sauce mixture over the top.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:28.42, Inflammation Score:-10, Nutrition Score:32.686086986376%

Nutrients (% of daily need)

Calories: 722.74kcal (36.14%), Fat: 39.48g (60.74%), Saturated Fat: 6.85g (42.8%), Carbohydrates: 50.93g (16.98%), Net Carbohydrates: 45.69g (16.61%), Sugar: 12.63g (14.03%), Cholesterol: 248.37mg (82.79%), Sodium: 2606.54mg (113.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.19g (88.38%), Vitamin A: 4920.05IU (98.4%), Vitamin B3: 14.59mg (72.97%), Selenium: 49.94µg (71.35%), Vitamin B6: 1.37mg (68.64%), Phosphorus: 551.42mg (55.14%), Manganese: 1.04mg (51.86%), Copper: 0.63mg (31.59%), Vitamin B2: 0.52mg (30.65%), Magnesium: 116.77mg (29.19%), Zinc: 4.25mg (28.32%), Iron: 5.06mg (28.09%), Vitamin B5: 2.4mg (24.04%), Potassium: 769.71mg (21.99%), Fiber: 5.25g (20.99%), Vitamin B1: 0.31mg (20.4%), Folate: 77.04µg (19.26%), Vitamin B12: 1.02µg (17.06%), Calcium: 158.71mg (15.87%), Vitamin K: 15.51µg (14.77%), Vitamin C: 9.46mg (11.47%), Vitamin E: 1.51mg (10.04%), Vitamin D: 1.45µg (9.69%)