



Bibimbap at Home



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



8

CALORIES



924 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon brown sugar raw
- ☐ 8 servings mushroom caps (Sesame Pepper Bean Sprouts, Sesame Carrots, Garlicky Spinach, Soy-Glazed Shiitake Mushrooms, Sautéed Zucchini, Scallion Slaw, Wakame, and Gochujang-Date Sauce)
- ☐ 8 eggs
- ☐ 2 garlic clove minced
- ☐ 2 teaspoons ginger grated peeled
- ☐ 8 servings kimchi
- ☐ 8 cups rice mixed dry steamed (from)
- ☐ 0.5 cup soy sauce reduced-sodium

- ☐ 0.3 cup pears with juices finely grated
- ☐ 2 spring onion thinly sliced
- ☐ 3 tablespoons sesame oil divided toasted
- ☐ 1 pound beef rib steak boneless thinly sliced ()

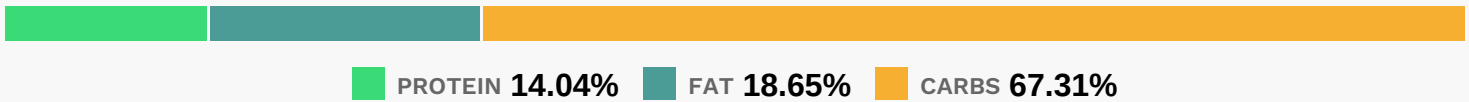
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk first 6 ingredients in a medium bowl.
- ☐ Add beef; toss to coat. Cover; chill for 30 minutes or up to 3 hours.
- ☐ Heat 1 tablespoon oil in a large cast-iron or nonstick skillet over medium heat.
- ☐ Add rice; pat out in an even layer. Cook, rotating skillet for even browning (do not stir), until rice is golden and crisp on bottom, about 15 minutes.
- ☐ Meanwhile, heat 1/2 tablespoon oil in a large heavy skillet over medium heat.
- ☐ Add one-quarter of beef and cook, turning once, until cooked through and lightly browned, about 3 minutes.
- ☐ Transfer to a bowl. Repeat in 3 batches with remaining oil and beef.
- ☐ Divide rice among bowls. Top with beef, Bibimbap
- ☐ Mix-Ins, and eggs.
- ☐ Serve kimchi alongside.

Nutrition Facts



Properties

Glycemic Index:25.87, Glycemic Load:89.47, Inflammation Score:-4, Nutrition Score:23.892174000325%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg, Epigallocatechin 3–gallate: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 924.09kcal (46.2%), Fat: 18.75g (28.85%), Saturated Fat: 6.03g (37.7%), Carbohydrates: 152.26g (50.75%), Net Carbohydrates: 149.39g (54.32%), Sugar: 2.69g (2.99%), Cholesterol: 198.27mg (66.09%), Sodium: 681.19mg (29.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.76g (63.51%), Manganese: 2.12mg (105.88%), Selenium: 55.57µg (79.39%), Phosphorus: 412.63mg (41.26%), Zinc: 5.66mg (37.74%), Vitamin B6: 0.65mg (32.47%), Vitamin B3: 6.04mg (30.19%), Vitamin B2: 0.47mg (27.94%), Vitamin B5: 2.63mg (26.29%), Copper: 0.5mg (25.22%), Vitamin B12: 1.33µg (22.21%), Iron: 3.55mg (19.74%), Magnesium: 76.38mg (19.1%), Potassium: 509.21mg (14.55%), Vitamin B1: 0.21mg (13.85%), Folate: 47.33µg (11.83%), Fiber: 2.87g (11.48%), Calcium: 90.99mg (9.1%), Vitamin K: 8.84µg (8.42%), Vitamin D: 0.94µg (6.27%), Vitamin A: 278.69IU (5.57%), Vitamin E: 0.83mg (5.55%), Vitamin C: 1.11mg (1.35%)