



Bibimbap Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



463 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 handful bean sprouts
- ☐ 4 tablespoons canola oil
- ☐ 0.5 cup carrots julienned
- ☐ 1 leaves cilantro torn for garnish
- ☐ 1.5 cups rice long-grain cooked
- ☐ 2 teaspoons dijon mustard
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon ginger grated

- ☐ 1 tablespoon honey
- ☐ 1 teaspoon honey plus 1 tablespoon
- ☐ 2 teaspoons juice of lime fresh
- ☐ 0.3 cup rice vinegar
- ☐ 4 servings salt and freshly cracked pepper black
- ☐ 1 tablespoon sesame oil
- ☐ 2 large mushroom caps
- ☐ 3 tablespoons soya sauce
- ☐ 2 small zucchini halved lengthwise

Equipment

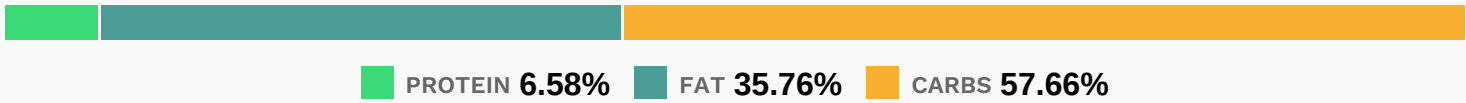
- ☐ bowl
- ☐ whisk
- ☐ baking pan
- ☐ grill

Directions

- ☐ Light a grill to high heat.
- ☐ Combine the soy sauce, sesame oil, 1 teaspoon honey, garlic, ginger and 2 tablespoons canola oil in a baking dish.
- ☐ Add the mushrooms, turn to coat and let them marinate at room temperature for 15 minutes.
- ☐ Brush the zucchini with 2 tablespoons of canola oil and season them with salt and black pepper, to taste. Grill until slightly charred on both sides and just cooked through, about 3 minutes per side.
- ☐ Remove and cut them crosswise into 1/4-inch slices. At the same time, grill the mushrooms until golden brown on both sides and just cooked through, about 4 minutes per side.
- ☐ Remove and cut them into thin strips.
- ☐ Whisk together the rice vinegar, lime juice, mustard, 1 tablespoon honey and 1/4 cup canola oil in a large shallow bowl and adjust the seasonings with salt and pepper, to taste.

Add the warm, cooked rice and toss to coat. Arrange the mushrooms, zucchini, bean sprouts and carrots over the top and garnish with cilantro leaves.

Nutrition Facts



Properties

Glycemic Index:108.39, Glycemic Load:37.37, Inflammation Score:-9, Nutrition Score:13.295652179614%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 462.74kcal (23.14%), Fat: 18.33g (28.19%), Saturated Fat: 1.72g (10.73%), Carbohydrates: 66.49g (22.16%), Net Carbohydrates: 64.11g (23.31%), Sugar: 8.57g (9.52%), Cholesterol: 0mg (0%), Sodium: 996.2mg (43.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.59g (15.18%), Vitamin A: 2810.97IU (56.22%), Manganese: 1.01mg (50.3%), Vitamin E: 2.77mg (18.49%), Selenium: 12.22µg (17.45%), Vitamin C: 12.65mg (15.33%), Vitamin K: 16.1µg (15.33%), Vitamin B6: 0.29mg (14.71%), Phosphorus: 138.65mg (13.86%), Vitamin B3: 2.38mg (11.88%), Copper: 0.23mg (11.46%), Vitamin B5: 1.05mg (10.46%), Potassium: 351.27mg (10.04%), Magnesium: 38.8mg (9.7%), Fiber: 2.39g (9.55%), Vitamin B2: 0.14mg (8.28%), Zinc: 1.16mg (7.74%), Iron: 1.27mg (7.06%), Vitamin B1: 0.1mg (6.8%), Folate: 27.01µg (6.75%), Calcium: 42mg (4.2%)