



Bibimbop

 Gluten Free

READY IN



66 min.

SERVINGS



4

CALORIES



829 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 9 ounce baby spinach fresh
- ☐ 1 cup julienne-cut carrot
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 3 tablespoons sesame oil dark divided
- ☐ 4 large eggs
- ☐ 8 ounces extra-firm tofu drained
- ☐ 1 cup bean sprouts fresh

- ☐ 1 teaspoon ginger fresh divided minced peeled
- ☐ 2 teaspoons garlic divided minced
- ☐ 4 teaspoons korean honey citron tea paste such as annie chun's)
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 tablespoons lower-sodium soy sauce
- ☐ 5 ounce shiitake mushroom caps sliced
- ☐ 3 cups short-grain rice hot cooked
- ☐ 2 teaspoons sugar divided
- ☐ 1 teaspoon butter unsalted
- ☐ 0.3 cup water

Equipment

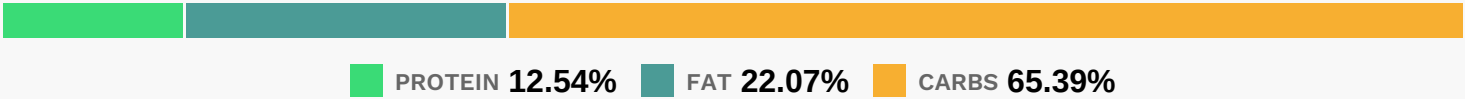
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Cut tofu into 3/4-inch-thick slices.
- ☐ Place tofu in a single layer on several layers of paper towels; cover with additional paper towels.
- ☐ Let stand 30 minutes, pressing down occasionally.
- ☐ Combine 1/3 cup water, vinegar, 1 teaspoon sugar, 1/2 teaspoon garlic, 1/2 teaspoon ginger, and crushed red pepper in a small saucepan. Bring to a boil.
- ☐ Add carrot, and remove from heat; let stand 30 minutes.
- ☐ Drain.
- ☐ Remove tofu from paper towels; cut into 3/4-inch cubes.
- ☐ Place tofu in a medium bowl.

- ☐ Combine remaining 1 teaspoon sugar, 1/2 teaspoon garlic, remaining 1/2 teaspoon ginger, soy sauce, and 1 tablespoon oil, stirring with a whisk.
- ☐ Add 1 tablespoon soy sauce mixture to tofu; toss gently.
- ☐ Let stand 15 minutes.
- ☐ Heat a 10-inch cast-iron skillet over high heat for 4 minutes.
- ☐ Add 1 tablespoon sesame oil; swirl to coat.
- ☐ Add rice to pan in a single layer; cook 1 minute (do not stir).
- ☐ Remove from heat; let stand 20 minutes.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add 1 teaspoon oil; swirl to coat.
- ☐ Add 1 1/2 teaspoons soy sauce mixture and bean sprouts to pan; saut 1 minute.
- ☐ Remove sprouts from pan; keep warm.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Add mushrooms to pan; saut 2 minutes. Stir in 1 1/2 teaspoons soy sauce mixture; saut 1 minute.
- ☐ Remove mushrooms from pan; keep warm.
- ☐ Add 2 teaspoons oil to pan; swirl to coat.
- ☐ Add tofu to pan; saut 7 minutes or until golden brown.
- ☐ Remove tofu from pan; keep warm.
- ☐ Add remaining 1 teaspoon oil to pan; swirl to coat.
- ☐ Add remaining 1 teaspoon garlic and remaining 1 tablespoon soy sauce mixture; saut 30 seconds.
- ☐ Add spinach to pan; saut 1 minute or until spinach wilts.
- ☐ Remove spinach from pan; keep warm. Reduce heat to medium. Melt butter in pan. Crack eggs into pan; cook 4 minutes or until whites are set.
- ☐ Remove from heat.
- ☐ Place 3/4 cup rice in each of 4 shallow bowls. Top each serving evenly with carrots, sprouts, mushrooms, tofu, and spinach. Top each serving with 1 egg and 1 teaspoon chili paste.
- ☐ Sprinkle evenly with salt.

Nutrition Facts



Properties

Glycemic Index:90.73, Glycemic Load:97.44, Inflammation Score:-10, Nutrition Score:42.626086898472%

Flavonoids

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 4.24mg, Kaempferol: 4.24mg, Kaempferol: 4.24mg, Kaempferol: 4.24mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg, Quercetin: 2.66mg

Nutrients (% of daily need)

Calories: 829.13kcal (41.46%), Fat: 20.16g (31.02%), Saturated Fat: 4.26g (26.65%), Carbohydrates: 134.38g (44.79%), Net Carbohydrates: 125.91g (45.79%), Sugar: 6.63g (7.37%), Cholesterol: 188.69mg (62.9%), Sodium: 590.59mg (25.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.78g (51.57%), Vitamin K: 322.78µg (307.41%), Vitamin A: 11681.02IU (233.62%), Folate: 524.48µg (131.12%), Manganese: 2.42mg (120.89%), Vitamin B1: 0.98mg (65.12%), Selenium: 41.22µg (58.89%), Iron: 10.34mg (57.43%), Vitamin B3: 8.75mg (43.76%), Phosphorus: 357.9mg (35.79%), Vitamin B5: 3.49mg (34.94%), Vitamin B6: 0.68mg (33.98%), Fiber: 8.47g (33.89%), Vitamin B2: 0.58mg (33.84%), Vitamin C: 24.54mg (29.74%), Magnesium: 115.15mg (28.79%), Copper: 0.56mg (28.17%), Potassium: 856.26mg (24.46%), Zinc: 3.29mg (21.91%), Calcium: 189.83mg (18.98%), Vitamin E: 2.33mg (15.52%), Vitamin D: 1.16µg (7.74%), Vitamin B12: 0.45µg (7.45%)