



Bibimbop (Rice and Vegetable Medley)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



694 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup carrots (2-inch)
- ☐ 1 cup cucumber english (2-inch)
- ☐ 0.1 teaspoon sesame oil dark
- ☐ 4 large eggs divided
- ☐ 0.5 teaspoon ginger fresh minced peeled
- ☐ 1 garlic clove minced
- ☐ 0.1 teaspoon kosher salt
- ☐ 0.3 teaspoon kosher salt

- ☐ 2 teaspoons soy sauce low-sodium
- ☐ 0.5 teaspoon rice vinegar
- ☐ 0.5 teaspoon sesame seed toasted
- ☐ 1 cup mushroom caps thinly sliced
- ☐ 3 cups short grain rice hot cooked
- ☐ 1 cup pkt spinach
- ☐ 4 teaspoons chili paste depending on your taste pref
- ☐ 4 ounces top round thinly sliced

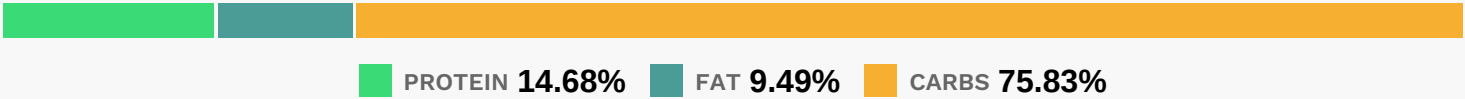
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ Combine first 4 ingredients in a zip-top plastic bag. Seal and marinate in refrigerator 30 minutes.
- ☐ Heat a small nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add beef mixture; stir-fry 3 minutes or until done.
- ☐ Remove from pan. Cover and keep warm.
- ☐ Cook carrot in boiling water 1 minute or until crisp-tender.
- ☐ Drain. Rinse with cold water; drain and set aside.
- ☐ Combine cucumber and next 5 ingredients (cucumber through 1 garlic clove); set aside.
- ☐ Heat skillet coated with cooking spray over medium-high heat. Break 1 egg into hot skillet. Cook egg 1 minute; carefully turn over.
- ☐ Sprinkle with dash of salt. Cook an additional minute or until desired degree of doneness.
- ☐ Remove from pan. Cover and keep warm. Repeat procedure with remaining eggs and salt.
- ☐ Spoon 3/4 cup rice into each of 4 bowls. Arrange 1/4 cup each of beef, carrot, cucumber mixture, mushrooms, and Seasoned Spinach over each serving. Top each serving with 1 egg and 1 teaspoon sambal oelek.

Nutrition Facts



Properties

Glycemic Index:80.71, Glycemic Load:95.82, Inflammation Score:-10, Nutrition Score:38.525651993959%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 693.62kcal (34.68%), Fat: 7.18g (11.04%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 129.13g (43.04%), Net Carbohydrates: 122.23g (44.45%), Sugar: 3.99g (4.43%), Cholesterol: 203.29mg (67.76%), Sodium: 433.47mg (18.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25g (50%), Vitamin A: 6356.53IU (127.13%), Folate: 405.66µg (101.41%), Manganese: 1.87mg (93.39%), Selenium: 50.71µg (72.45%), Vitamin B1: 0.95mg (63.06%), Vitamin B3: 10.87mg (54.34%), Iron: 8.51mg (47.27%), Vitamin K: 45.29µg (43.14%), Phosphorus: 398.98mg (39.9%), Vitamin B6: 0.79mg (39.62%), Vitamin B5: 3.91mg (39.1%), Vitamin B2: 0.52mg (30.42%), Zinc: 4.4mg (29.32%), Fiber: 6.9g (27.58%), Copper: 0.52mg (25.87%), Potassium: 675.55mg (19.3%), Magnesium: 75.54mg (18.89%), Vitamin B12: 0.83µg (13.8%), Vitamin D: 1.23µg (8.17%), Vitamin C: 5.77mg (6.99%), Calcium: 67.77mg (6.78%), Vitamin E: 1mg (6.7%)