



Boribap (Rice and Barley with Vegetables)



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



47 min.

SERVINGS



6

CALORIES



164 kcal

SIDE DISH

Ingredients

- ☐ 5 ounce baby spinach fresh
- ☐ 1 medium carrots peeled
- ☐ 5 teaspoons sesame oil dark divided
- ☐ 0.7 cup bean sprouts fresh
- ☐ 1.5 tablespoons korean honey citron tea paste such as annie chun's)
- ☐ 1 tablespoon roasted ground sesame seeds
- ☐ 1 cup microgreens
- ☐ 1.5 tablespoons shiro miso

- ☐ 0.7 cup shiitake mushroom caps sliced
- ☐ 0.7 cup short-grain rice white
- ☐ 1 small zucchini
- ☐ 0.5 cup whole-grain barley uncooked

Equipment

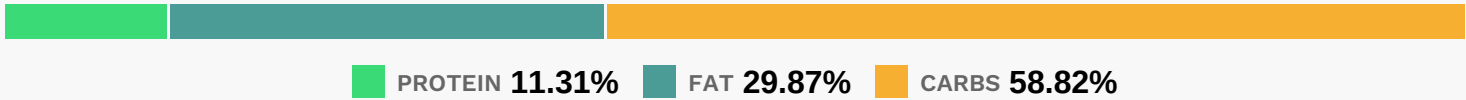
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Cook barley in a large pot of boiling water for 35 minutes or until tender-chewy.
- ☐ Drain.
- ☐ While barley cooks, place rice in a small saucepan; cover with water to 2 inches above rice. Swirl rice with hand in pan to agitate; drain. Repeat procedure 2 more times.
- ☐ Add 2/3 cup water to drained rice in pan. Bring to a boil over medium-high heat. Cover, reduce heat, and simmer 15 minutes.
- ☐ Remove from heat; let stand 10 minutes.
- ☐ Combine rice and barley in a large bowl.
- ☐ Heat a medium nonstick skillet over medium-high heat.
- ☐ Add 1 teaspoon oil to pan; swirl to coat.
- ☐ Add carrot; saut 2 minutes or until crisp-tender.
- ☐ Remove from pan.
- ☐ Add 1 teaspoon oil and zucchini to pan; saut 1 minute or until crisp-tender.
- ☐ Remove from pan.
- ☐ Add 1 teaspoon oil and mushrooms to pan; saut 2 minutes or until tender.
- ☐ Remove from pan.
- ☐ Add 1 teaspoon oil and bean sprouts to pan; saut 1 minute or until bean sprouts wilt.

- ☐ Remove from pan.
- ☐ Add remaining 1 teaspoon oil and spinach to pan; saut 1 minute or until spinach wilts. Arrange vegetables in separate piles over rice mixture. Dollop with miso and gochujang; top with microgreens.
- ☐ Sprinkle with sesame seeds.
- ☐ Mix together at the table.

Nutrition Facts



Properties

Glycemic Index:44.81, Glycemic Load:15.27, Inflammation Score:-10, Nutrition Score:19.002173796782%

Flavonoids

Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg, Kaempferol: 1.57mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 164.09kcal (8.2%), Fat: 5.68g (8.73%), Saturated Fat: 0.83g (5.16%), Carbohydrates: 25.15g (8.38%), Net Carbohydrates: 21.54g (7.83%), Sugar: 2.57g (2.85%), Cholesterol: 0mg (0%), Sodium: 222.96mg (9.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.67%), Vitamin K: 125.6µg (119.62%), Vitamin A: 4562.38IU (91.25%), Manganese: 0.65mg (32.6%), Folate: 119.93µg (29.98%), Vitamin C: 12.85mg (15.58%), Vitamin B1: 0.23mg (15.07%), Fiber: 3.61g (14.43%), Iron: 2.51mg (13.93%), Vitamin B3: 2.77mg (13.86%), Vitamin B6: 0.27mg (13.49%), Copper: 0.23mg (11.69%), Phosphorus: 114.44mg (11.44%), Magnesium: 44.86mg (11.22%), Potassium: 389.88mg (11.14%), Vitamin B2: 0.19mg (11.01%), Selenium: 6.74µg (9.63%), Vitamin E: 1.39mg (9.29%), Vitamin B5: 0.85mg (8.53%), Zinc: 1.12mg (7.49%), Calcium: 46.87mg (4.69%)