



California-Style Bibimbap

 Vegetarian  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 avocado sliced
- 1 bell pepper seeded cut into cubes (any color)
- 4 large eggs
- 1 garlic clove minced
- 1 cup jasmine rice
- 14 oz kale trimmed
- 0.5 teaspoon kosher salt
- 2 tablespoons soya sauce reduced-sodium

- 2 tablespoons sesame oil toasted
- 4 servings shichimi togarashi red (Japanese chile seasoning)
- 2 tablespoons vegetable oil

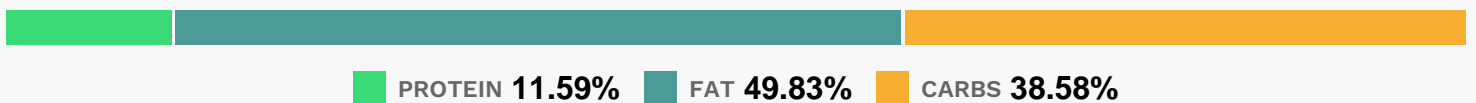
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Put rice and 2 cups water in a medium saucepan and bring to a boil. Lower heat to a simmer and cook rice until water is absorbed, about 20 minutes.
- Meanwhile, heat grapeseed oil in a large nonstick frying pan. Cook kale, bell pepper, and garlic with salt over medium heat until kale is wilted, 3 to 5 minutes.
- Divide rice among 4 bowls and top with vegetable mixture and avocado.
- Fry eggs in the same pan until done the way you like. Slide each egg into a bowl.
- Mix sesame oil and soy sauce and drizzle over bowls.
- Drizzle with Sriracha or sprinkle with togarashi.
- *Find at Asian markets or online.

Nutrition Facts



Properties

Glycemic Index:48.8, Glycemic Load:23.17, Inflammation Score:-10, Nutrition Score:33.642608891363%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 23.42mg, Isorhamnetin: 23.42mg, Isorhamnetin: 23.42mg, Isorhamnetin: 23.42mg Kaempferol: 46.44mg, Kaempferol: 46.44mg, Kaempferol: 46.44mg, Kaempferol: 46.44mg

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 22.49mg, Quercetin: 22.49mg, Quercetin: 22.49mg, Quercetin: 22.49mg

Nutrients (% of daily need)

Calories: 490.86kcal (24.54%), Fat: 27.84g (42.84%), Saturated Fat: 4.95g (30.92%), Carbohydrates: 48.5g (16.17%), Net Carbohydrates: 39.77g (14.46%), Sugar: 2.66g (2.96%), Cholesterol: 186mg (62%), Sodium: 712.06mg (30.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.13%), Vitamin K: 412.65µg (393%), Vitamin A: 11187.48IU (223.75%), Vitamin C: 136.09mg (164.96%), Manganese: 1.32mg (66.15%), Vitamin B2: 0.71mg (41.54%), Folate: 146.65µg (36.66%), Fiber: 8.73g (34.93%), Selenium: 23.6µg (33.72%), Calcium: 305.04mg (30.5%), Vitamin B6: 0.54mg (27.23%), Phosphorus: 255.06mg (25.51%), Potassium: 805.34mg (23.01%), Vitamin E: 3.43mg (22.86%), Vitamin B5: 2.15mg (21.48%), Iron: 3.36mg (18.68%), Magnesium: 74.17mg (18.54%), Vitamin B3: 3.21mg (16.05%), Copper: 0.3mg (14.86%), Vitamin B1: 0.22mg (14.6%), Zinc: 2mg (13.37%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%)