



WHATSheATE



HEALTH SCORE

52%

Dak Bokkeum with Spinach (Korean Stewed Chicken with Spinach)



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



6

CALORIES



474 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounce baby spinach fresh
- ☐ 1 tablespoon brown sugar
- ☐ 0.8 teaspoon pepper red crushed
- ☐ 2 tablespoons sesame oil dark
- ☐ 2 tablespoons garlic fresh minced
- ☐ 2 tablespoons ginger minced peeled
- ☐ 0.3 cup to-ban-jan (Korean chile sauce)

- ☐ 0.3 cup spring onion ()
- ☐ 0.8 cup spring onion ()
- ☐ 2.5 tablespoons soy sauce
- ☐ 1 tablespoon sesame seed toasted
- ☐ 1.5 cups short grain rice white uncooked
- ☐ 2 pounds chicken thighs boneless skinless cut into 1/2-inch strips
- ☐ 0.3 cup water
- ☐ 1.5 cups water

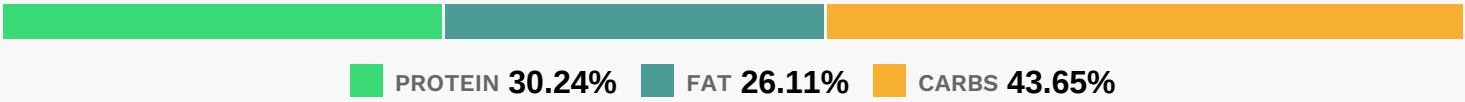
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Combine the first 8 ingredients in a large bowl. Stir in chicken. Cover and marinate 30 minutes.
- ☐ Place rice in a medium saucepan; cover with water to 2 inches above rice. Stir rice; drain. Repeat procedure twice.
- ☐ Add 1 1/2 cups water to drained rice in pan. Bring to a boil over medium-high heat. Cover, reduce heat, and simmer for 20 minutes.
- ☐ Remove from heat; let stand 10 minutes.
- ☐ While rice cooks, bring 1/3 cup water to a boil in a Dutch oven.
- ☐ Add chicken mixture; bring to a simmer. Cover, reduce heat, and simmer 20 minutes. Uncover and simmer 10 minutes or until mixture thickens, stirring occasionally.
- ☐ Remove from heat; stir in green onion tops and spinach.
- ☐ Sprinkle with sesame seeds.
- ☐ Serve with rice.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:32.02, Inflammation Score:-10, Nutrition Score:37.660434557044%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg, Quercetin: 2.76mg

Nutrients (% of daily need)

Calories: 473.6kcal (23.68%), Fat: 13.89g (21.37%), Saturated Fat: 2.74g (17.14%), Carbohydrates: 52.26g (17.42%), Net Carbohydrates: 44.94g (16.34%), Sugar: 3.49g (3.88%), Cholesterol: 143.64mg (47.88%), Sodium: 621.13mg (27.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.21g (72.42%), Vitamin K: 167.83µg (159.84%), Vitamin A: 6389.35IU (127.79%), Selenium: 45.7µg (65.29%), Vitamin B3: 12.49mg (62.44%), Vitamin B6: 1.15mg (57.69%), Manganese: 1.12mg (56.06%), Folate: 186.38µg (46.59%), Phosphorus: 412.57mg (41.26%), Vitamin E: 6.06mg (40.37%), Iron: 6.89mg (38.26%), Vitamin B1: 0.5mg (33.25%), Vitamin B2: 0.5mg (29.32%), Fiber: 7.32g (29.28%), Vitamin B5: 2.65mg (26.5%), Potassium: 900.18mg (25.72%), Zinc: 3.82mg (25.45%), Magnesium: 100.08mg (25.02%), Copper: 0.45mg (22.58%), Vitamin B12: 0.97µg (16.13%), Vitamin C: 10.81mg (13.11%), Calcium: 118.72mg (11.87%)