



Easy Bibimbap



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



343 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.3 cups jasmine rice uncooked
- ☐ 2.7 cups water
- ☐ 1 tablespoon olive oil
- ☐ 1 cup baby spinach fresh frozen
- ☐ 2 cloves garlic finely chopped
- ☐ 4 eggs
- ☐ 2 carrots shredded
- ☐ 1 bell pepper yellow cut into julienne strips

☐ 1 serving sriracha to taste

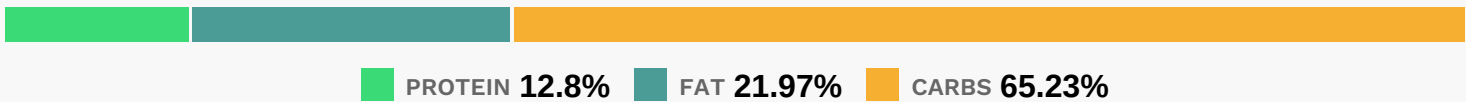
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

Directions

- ☐ In large saucepan, heat rice and 2 2/3 cups water to boiling; reduce heat to low. Cover; simmer 15 to 20 minutes or until rice is tender.
- ☐ In small skillet, heat oil over medium-high heat.
- ☐ Add spinach and garlic; cook about 5 minutes, stirring frequently, until garlic is tender and spinach is wilted.
- ☐ Meanwhile, in large skillet, heat 2 to 3 inches water to boiling; reduce heat so water is simmering. Break cold eggs, one at a time, into custard cup or small glass bowl. Holding cup close to water's surface, carefully slide egg into water. Cook uncovered 3 to 5 minutes or until whites and yolks are firm, not runny.
- ☐ Remove eggs with slotted spoon.
- ☐ Fluff cooked rice with fork. Divide rice evenly among 4 individual serving bowls. Top each with carrots, bell pepper, sautéed spinach and 1 poached egg.
- ☐ Drizzle with Sriracha sauce. Stir vigorously to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:30.82, Inflammation Score:-10, Nutrition Score:20.329565297002%

Flavonoids

Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 343.44kcal (17.17%), Fat: 8.26g (12.71%), Saturated Fat: 2g (12.48%), Carbohydrates: 55.19g (18.4%), Net Carbohydrates: 53.07g (19.3%), Sugar: 1.73g (1.92%), Cholesterol: 163.68mg (54.56%), Sodium: 102mg (4.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.83g (21.66%), Vitamin A: 6095.88IU (121.92%), Vitamin C: 58.99mg (71.5%), Manganese: 0.85mg (42.7%), Vitamin K: 42.58µg (40.55%), Selenium: 23.23µg (33.18%), Phosphorus: 181.82mg (18.18%), Vitamin B2: 0.27mg (16.02%), Vitamin B6: 0.3mg (15.06%), Vitamin B5: 1.45mg (14.47%), Folate: 53.74µg (13.43%), Copper: 0.25mg (12.62%), Potassium: 340.24mg (9.72%), Iron: 1.74mg (9.67%), Zinc: 1.44mg (9.58%), Vitamin E: 1.39mg (9.26%), Magnesium: 35.81mg (8.95%), Fiber: 2.12g (8.48%), Vitamin B3: 1.65mg (8.25%), Calcium: 70.15mg (7.02%), Vitamin B1: 0.1mg (6.54%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)