



 **24%**
HEALTH SCORE

Kongnamool (Korean Soybean Sprouts)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



173 kcal

SIDE DISH

Ingredients

- 2 tablespoons to-ban-jan
- 1.5 teaspoons garlic minced
- 0.3 cup spring onion chopped
- 2 teaspoons rice vinegar to taste
- 0.3 cup sesame oil
- 2 teaspoons sesame seed
- 2 tablespoons soya sauce
- 1 pound sprouts

Equipment

- bowl
- whisk
- pot
- colander

Directions

- Bring a large pot of lightly salted water to a boil.
- Add the bean sprouts, and cook uncovered until tender yet still crisp, about 15 seconds.
- Drain in a colander, then immediately immerse in ice water for several minutes until cold to stop the cooking process. Once the bean sprouts are cold, drain well, and set aside.
- Whisk soy sauce, sesame oil, chile powder, garlic, and sesame seeds together in a large bowl. Stir in bean sprouts and toss until well coated with the sauce.
- Sprinkle with green onions and season with rice wine vinegar. Refrigerate before serving.

Nutrition Facts

PROTEIN 13.5% **FAT 73.91%** **CARBS 12.59%**

Properties

Glycemic Index:40.5, Glycemic Load:0.31, Inflammation Score:-8, Nutrition Score:11.650434856829%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg, Quercetin: 2.61mg

Nutrients (% of daily need)

Calories: 173.06kcal (8.65%), Fat: 15.5g (23.85%), Saturated Fat: 2.18g (13.66%), Carbohydrates: 5.94g (1.98%), Net Carbohydrates: 2.01g (0.73%), Sugar: 0.83g (0.92%), Cholesterol: 0mg (0%), Sodium: 576.5mg (25.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.74%), Vitamin K: 53.62µg (51.07%), Vitamin A: 1424.27IU (28.49%), Manganese: 0.38mg (19.04%), Fiber: 3.92g (15.69%), Copper: 0.28mg (13.99%), Vitamin C: 10.85mg (13.15%), Iron: 2.25mg (12.51%), Folate: 48.57µg (12.14%), Vitamin B2: 0.2mg (11.93%), Vitamin E: 1.78mg (11.85%), Phosphorus: 113.5mg (11.35%), Magnesium: 45.24mg (11.31%), Zinc: 1.37mg (9.13%), Vitamin B6: 0.17mg (8.3%),

Vitamin B1: 0.12mg (7.67%), Vitamin B3: 1.45mg (7.25%), Vitamin B5: 0.72mg (7.2%), Calcium: 67.72mg (6.77%), Potassium: 213.16mg (6.09%), Selenium: 2.12µg (3.03%)