



Kongnamul Bap (Korean Beansprout Rice Bowl)



Vegetarian



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



2

CALORIES



808 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound soy bean sprouts rinsed
- ☐ 2 eggs
- ☐ 1 clove garlic chopped
- ☐ 1 chili green sliced
- ☐ 2 green onions sliced
- ☐ 0.5 cup kimchi coarsely chopped
- ☐ 0.5 tablespoon oil

- ☐ 1 teaspoon rice wine
- ☐ 1 teaspoon sesame oil
- ☐ 1 tablespoon sesame seed toasted
- ☐ 0.5 cup mushroom caps sliced
- ☐ 1.5 cup short grain rice rinsed (I like to use brown)
- ☐ 4 tablespoons soya sauce
- ☐ 1 teaspoon sugar
- ☐ 1.5 cup water

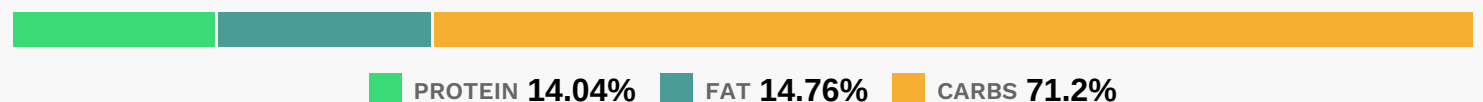
Equipment

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

Directions

- ☐ Place the rice and water in a medium sauce pan and set aside.
- ☐ Mix the soy sauce, rice wine, sesame oil and garlic into the beef.
- ☐ Heat the oil in a pan over medium-high heat, add the kimchi and saute for a minute or two.
- ☐ Add the beef and saute until cooked.
- ☐ Place the bean sprouts into the pot on top of the rice followed by the kimchi and beef. Bring the water to a boil, reduce the heat and simmer, covered until the rice is cooked and the water is gone, about 20 minutes. Meanwhile mix the soy sauce, sesame oil, gochugaru, sesame seeds, garlic, sugar and green onion in a small bowl. Fry the egg sunny side up if having.
- ☐ Mix the rice, sprouts, kimchi and beef and serve topped with the fried eggs and sauce to taste.

Nutrition Facts



Properties

Glycemic Index:148.05, Glycemic Load:96.82, Inflammation Score:-9, Nutrition Score:44.618261150692%

Flavonoids

Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 807.82kcal (40.39%), Fat: 13.35g (20.54%), Saturated Fat: 2.54g (15.87%), Carbohydrates: 144.98g (48.33%), Net Carbohydrates: 132.98g (48.36%), Sugar: 14.84g (16.49%), Cholesterol: 163.68mg (54.56%), Sodium: 2323.29mg (101.01%), Alcohol: 0.4g (100%), Alcohol %: 0.07% (100%), Protein: 28.59g (57.18%), Folate: 545.91µg (136.48%), Manganese: 2.45mg (122.33%), Vitamin K: 115.14µg (109.66%), Vitamin B1: 1.13mg (75.3%), Iron: 11.77mg (65.41%), Selenium: 42.88µg (61.26%), Vitamin B3: 12.08mg (60.42%), Copper: 1.06mg (53.04%), Phosphorus: 501.11mg (50.11%), Fiber: 12g (48%), Vitamin B2: 0.81mg (47.85%), Vitamin B5: 4.47mg (44.7%), Vitamin B6: 0.89mg (44.36%), Vitamin C: 35.36mg (42.86%), Magnesium: 135.87mg (33.97%), Zinc: 4.34mg (28.93%), Potassium: 862.66mg (24.65%), Calcium: 132.26mg (13.23%), Vitamin E: 1.44mg (9.59%), Vitamin A: 432.1IU (8.64%), Vitamin D: 1.11µg (7.37%), Vitamin B12: 0.39µg (6.53%)