



WHATSheATE



Korean-Style Rice Bowl



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



442 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bean sprouts
- ☐ 1 carrots shredded
- ☐ 1 teaspoon chile-garlic paste plus more for serving
- ☐ 2 large eggs
- ☐ 4 servings salt
- ☐ 1 large scallion halved lengthwise cut into 2-inch lengths
- ☐ 4 servings seasoned plain for serving cut into 3-inch squares, (Japanese seaweed)
- ☐ 2 tablespoons sesame seed toasted

- ☐ 1.5 cups japanese short-grain rice white
- ☐ 0.3 pound snow peas
- ☐ 0.3 pound spicy tofu firm cut into 1/2-inch dice
- ☐ 1 tablespoon tomato paste
- ☐ 1.5 tablespoons vegetable oil
- ☐ 2 cups water
- ☐ 2 tablespoons miso yellow

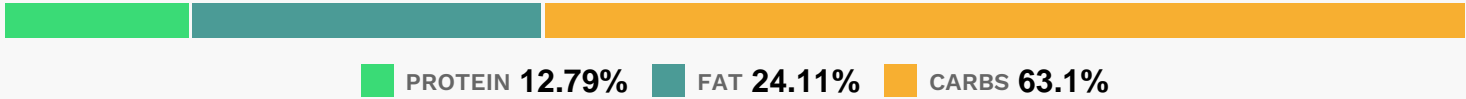
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ aluminum foil

Directions

- ☐ In a small bowl, combine the miso, tomato paste, chile-garlic paste and a pinch of salt; add the tofu and toss to coat.
- ☐ Heat 1/2 tablespoon of the oil in a 10-inch cast-iron skillet. Crack the eggs into the skillet and cook over high heat until the whites are lightly browned around the edges and the yolks are barely set, 1 to 2 minutes.
- ☐ Transfer the eggs to a plate.
- ☐ Add the remaining 1 tablespoon of oil to the skillet and heat until shimmering.
- ☐ Add the snow peas, carrot and scallion, season with salt and stir-fry over high heat until crisp-tender, 2 to 3 minutes.
- ☐ Add the bean sprouts and cook for 30 seconds.
- ☐ Transfer the vegetables to a bowl, cover and keep warm.
- ☐ Add the rice and water to the skillet along with a generous pinch of salt and bring to a boil. Cover with foil and a tight-fitting lid and simmer over low heat until tender, about 15 minutes. Spoon the tofu and sauce over the rice, cover and cook for 5 minutes longer. Stir in the vegetables and top with the eggs and sesame seeds.
- ☐ Mix everything together and serve with seasoned nori and chile-garlic paste.

Nutrition Facts



Properties

Glycemic Index:86.71, Glycemic Load:49.18, Inflammation Score:-10, Nutrition Score:22.963478285333%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 442.1kcal (22.1%), Fat: 11.77g (18.1%), Saturated Fat: 2.2g (13.76%), Carbohydrates: 69.29g (23.1%), Net Carbohydrates: 64.29g (23.38%), Sugar: 3.76g (4.17%), Cholesterol: 93mg (31%), Sodium: 793.62mg (34.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.04g (28.09%), Vitamin A: 3124.73IU (62.49%), Manganese: 1.12mg (55.78%), Folate: 217.75µg (54.44%), Vitamin K: 38.75µg (36.9%), Vitamin B1: 0.55mg (36.37%), Iron: 5.73mg (31.86%), Selenium: 21.69µg (30.99%), Vitamin C: 22.07mg (26.75%), Copper: 0.47mg (23.39%), Fiber: 5.01g (20.03%), Vitamin B3: 3.94mg (19.72%), Phosphorus: 194.35mg (19.44%), Vitamin B5: 1.7mg (17.01%), Vitamin B6: 0.33mg (16.25%), Vitamin B2: 0.24mg (14.12%), Magnesium: 54.17mg (13.54%), Zinc: 1.92mg (12.79%), Calcium: 126.44mg (12.64%), Potassium: 315.84mg (9.02%), Vitamin E: 1.12mg (7.48%), Vitamin B12: 0.23µg (3.82%), Vitamin D: 0.5µg (3.33%)