



Roasted Butternut Squash, Black Bean and Swiss Chard Quinoa Bibimbap



Gluten Free



Dairy Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup black beans
- ☐ 2 cups butternut squash peeled seeded cut into 1/2 inch cubes
- ☐ 0.5 cup carrots shredded
- ☐ 0.5 cup cucumber shredded
- ☐ 4 eggs
- ☐ 4 servings green onions to taste
- ☐ 4 servings gochujang sauce to taste

- ☐ 1 tablespoon oil
- ☐ 1 cup quinoa rinsed
- ☐ 4 servings seaweed powder toasted to taste
- ☐ 1 tablespoon sesame oil
- ☐ 4 servings sesame seed toasted to taste
- ☐ 4 ounces shiitake sliced
- ☐ 1 bunch swiss chard sliced
- ☐ 2 cups water

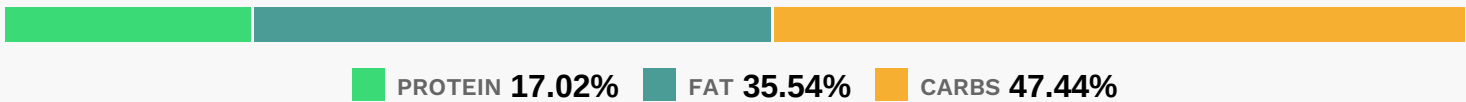
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Mix the oil and gochugaru, toss with the butternut squash, place in a single layer on a baking pan and bake in a preheated 350F oven until tender, about 30–40 minutes. Meanwhile bring the water and quinoa to a boil, reduce the heat and simmer until the water is absorbed and the quinoa is tender then remove from heat and cover with lid. Steam the swiss chard.
- ☐ Heat the oil in a pan over medium heat, add the shiitake mushrooms, saute until slightly caramelized, about 7–10 minutes and set aside. When the butternut squash is ready, fry the eggs. Assemble bibimbap, garnish with toasted sesame seeds, toasted seaweed powder, green onions to taste and gochujang sauce.

Nutrition Facts



Properties

Glycemic Index:55.71, Glycemic Load:3.8, Inflammation Score:-10, Nutrition Score:40.472608504088%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 4.47mg, Kaempferol: 4.47mg, Kaempferol: 4.47mg, Kaempferol: 4.47mg Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg, Myricetin: 2.33mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 451.31kcal (22.57%), Fat: 18.41g (28.33%), Saturated Fat: 3.1g (19.36%), Carbohydrates: 55.28g (18.43%), Net Carbohydrates: 43.58g (15.85%), Sugar: 4.59g (5.1%), Cholesterol: 163.68mg (54.56%), Sodium: 263.59mg (11.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.84g (39.68%), Vitamin K: 642.76µg (612.15%), Vitamin A: 15020.76IU (300.42%), Manganese: 1.79mg (89.59%), Magnesium: 244.91mg (61.23%), Folate: 214.8µg (53.7%), Phosphorus: 492.95mg (49.29%), Copper: 0.97mg (48.4%), Vitamin C: 39.83mg (48.28%), Fiber: 11.7g (46.81%), Iron: 6.94mg (38.54%), Potassium: 1198.18mg (34.23%), Vitamin B6: 0.67mg (33.7%), Selenium: 23.1µg (33.01%), Vitamin B2: 0.54mg (32.01%), Vitamin E: 4.76mg (31.72%), Vitamin B1: 0.46mg (30.84%), Zinc: 3.77mg (25.12%), Calcium: 223.8mg (22.38%), Vitamin B5: 2.04mg (20.39%), Vitamin B3: 3.7mg (18.48%), Vitamin D: 0.99µg (6.62%), Vitamin B12: 0.39µg (6.53%)