



Roasted Butternut Squash, Shiitake Mushroom and Kale, Kimchi Bibimsoba



Dairy Free



Very Healthy



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



333 kcal

SIDE DISH

Ingredients

- ☐ 4 cups butternut squash peeled seeded cut into 1/2 inch cubes
- ☐ 4 servings green onions to taste
- ☐ 4 servings gochujang sauce to taste
- ☐ 4 cups kale sliced
- ☐ 1 cup kimchi chopped
- ☐ 1 teaspoon oil
- ☐ 4 servings seaweed powder toasted to taste

- ☐ 4 servings sesame seed toasted to taste
- ☐ 4 ounces shiitake sliced
- ☐ 8 ounces soba noodles

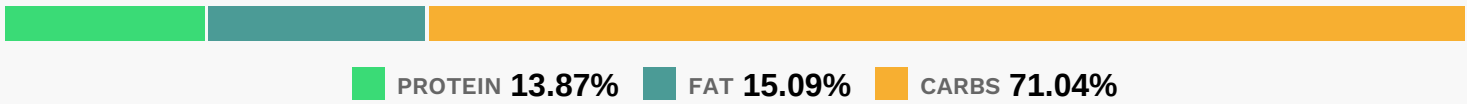
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Toss with the butternut squash with the oil and gochugaru, place in a single layer on a baking pan and bake in a preheated 400F oven until tender, about 20–30 minutes.Meanwhile, heat the oil in a pan over medium heat, add the kale and saute until tender, about 3–5 minutes, and set aside.
- ☐ Heat the oil in a pan over medium heat, add the shiitake mushrooms, saute until slightly caramelized, about 7–10 minutes, and set aside.Cook the soba noodles as directed.Assemble bibimsoba, garnish with toasted sesame seeds, toasted seaweed powder, green onions to taste and gochujang sauce.

Nutrition Facts



Properties

Glycemic Index:45.88, Glycemic Load:23.04, Inflammation Score:-10, Nutrition Score:31.529565033705%

Flavonoids

Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg Kaempferol: 9.91mg, Kaempferol: 9.91mg, Kaempferol: 9.91mg, Kaempferol: 9.91mg Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg, Quercetin: 5.38mg

Nutrients (% of daily need)

Calories: 333.06kcal (16.65%), Fat: 6.13g (9.43%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 64.91g (21.64%), Net Carbohydrates: 58.97g (21.44%), Sugar: 4.63g (5.14%), Cholesterol: Omg (0%), Sodium: 627.68mg (27.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.67g (25.34%), Vitamin A: 17068.34IU (341.37%), Vitamin K:

109.77µg (104.54%), Manganese: 1.43mg (71.34%), Vitamin C: 50.17mg (60.81%), Magnesium: 148.58mg (37.14%), Vitamin B1: 0.51mg (34.01%), Copper: 0.62mg (31.12%), Vitamin B6: 0.59mg (29.69%), Phosphorus: 293.38mg (29.34%), Folate: 116.87µg (29.22%), Vitamin B3: 5.56mg (27.8%), Iron: 4.96mg (27.57%), Potassium: 893.25mg (25.52%), Fiber: 5.94g (23.77%), Calcium: 234.44mg (23.44%), Vitamin B2: 0.32mg (18.97%), Vitamin E: 2.42mg (16.15%), Vitamin B5: 1.56mg (15.6%), Zinc: 2.27mg (15.15%), Selenium: 5.44µg (7.78%)