



Sesame-Pepper Bean Sprouts



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



40 kcal

SIDE DISH

Ingredients

- ☐ 8 servings to-ban-jan red (coarse Korean pepper powder)
- ☐ 0.5 teaspoon kosher salt
- ☐ 12 ounces mung bean sprouts
- ☐ 0.3 teaspoon pepper in a bowl black freshly ground
- ☐ 2 teaspoons sesame oil toasted
- ☐ 2 tablespoons sesame seed toasted

Equipment

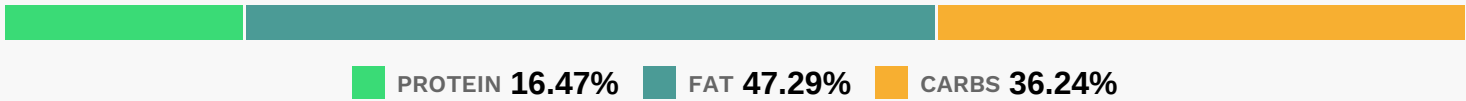
- ☐ bowl

☐ pot

Directions

- ☐ Mix 2 tablespoons toasted sesame seeds, 1/2 teaspoonkosher salt, and 1/4 teaspoon freshly groundblack pepper in a small bowl; set aside.
- ☐ Cook 6 cups mung bean sprouts (about12 ounces) in a large pot of boiling salted wateruntil soft but not mushy, 3–4 minutes.
- ☐ Drainwell.
- ☐ Transfer to a medium bowl.
- ☐ Add 2 teaspoonstoasted sesame oil; toss to coat. Seasonwith sesame mixture and gochugaru(coarse Korean red pepper powder).{(
- ☐ Serve remaining sesame mixture with
- ☐ Bibimbap.)

Nutrition Facts



Properties

Glycemic Index:12.38, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:5.1065217101056%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 39.57kcal (1.98%), Fat: 2.42g (3.72%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 4.17g (1.39%), Net Carbohydrates: 2.61g (0.95%), Sugar: 1.97g (2.19%), Cholesterol: 0mg (0%), Sodium: 148.73mg (6.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.79%), Vitamin A: 841.65IU (16.83%), Vitamin K: 15.88µg (15.12%), Manganese: 0.18mg (8.87%), Vitamin C: 7.14mg (8.66%), Copper: 0.16mg (7.99%), Folate: 30.01µg (7.5%), Fiber: 1.56g (6.24%), Vitamin B6: 0.1mg (5.12%), Magnesium: 19.1mg (4.78%), Iron: 0.84mg (4.67%), Vitamin B2: 0.08mg (4.48%), Vitamin E: 0.66mg (4.39%), Phosphorus: 41.5mg (4.15%), Vitamin B1: 0.06mg (3.88%), Potassium: 113.86mg (3.25%), Vitamin B3: 0.58mg (2.92%), Calcium: 28.35mg (2.84%), Zinc: 0.38mg (2.53%), Vitamin B5: 0.16mg (1.63%), Selenium: 1.12µg (1.6%)