



Spring Quinoa Bibimbap with Asparagus, Fiddleheads, Fava Bean and Ramps



Gluten Free



Dairy Free



Popular

READY IN



50 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound asparagus thinly sliced
- ☐ 1 cup bean sprouts
- ☐ 1 cup carrots julienned
- ☐ 4 eggs
- ☐ 1 cup avarakkai / broad beans shelled
- ☐ 0.3 cup gochujang sauce
- ☐ 3 teaspoons oil

- ☐ 1 cup quinoa rinsed
- ☐ 3 ramps sliced chopped
- ☐ 1.5 teaspoon sesame oil
- ☐ 1.5 teaspoon sesame seed toasted
- ☐ 2 cups pkt spinach packed coarsely chopped
- ☐ 1.8 cup water

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Bring the quinoa and water to a boil, reduce the heat and simmer, covered, until the liquid has been absorbed, about 15 minutes, remove from heat and let sit covered for 5 minutes. Steam the asparagus until crisp-tender, plunge in cold water to stop cooking and set aside. Blanch the fiddleheads in boiling water for three minutes and drain.
- ☐ Heat 1 teaspoon of oil in a pan over medium heat, add the whites of one ramp along with the fiddleheads to the pan and saute until the fiddleheads are crisp-tender and bright green, about 3 minutes, add the greens of one ramp, cook another minute and remove from heat.
- ☐ Mix in 1/2 teaspoon of sesame oil and seeds and set aside.
- ☐ Heat 1 teaspoon of oil in a pan over medium heat, add the whites of one ramp along with the spinach to the pan and saute until the spinach has wilted, about 3 minutes, add the greens of one ramp, cook another minute and remove from heat.
- ☐ Mix in 1/2 teaspoon of sesame oil and seeds and set aside. Blanch the fava beans for 30 seconds, plunge into cold water and remove the outer shells.
- ☐ Heat 1 teaspoon of oil in a pan over medium heat, add the whites of one ramp along with the fava beans to the pan and saute until the fava beans are crisp-tender, about 3 minutes, add the greens of one ramp, cook another minute and remove from heat.
- ☐ Mix in 1/2 teaspoon of sesame oil and seeds and set aside. Steam the bean sprouts and carrots until tender-crisp, about 30 seconds and set aside. Fry the eggs sunny side up. Divide the quinoa, vegetables, eggs and gochujang sauce between 4 bowls and enjoy.

Nutrition Facts



 **PROTEIN 19.19%**  **FAT 29.07%**  **CARBS 51.74%**

Properties

Glycemic Index:58.46, Glycemic Load:5.16, Inflammation Score:-10, Nutrition Score:32.033043757729%

Flavonoids

Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg, Quercetin: 8.67mg

Nutrients (% of daily need)

Calories: 367.25kcal (18.36%), Fat: 12.08g (18.59%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 48.4g (16.13%), Net Carbohydrates: 40.11g (14.58%), Sugar: 8.1g (9%), Cholesterol: 163.68mg (54.56%), Sodium: 286.44mg (12.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.95g (35.9%), Vitamin A: 7436.77IU (148.74%), Vitamin K: 112.59µg (107.23%), Manganese: 1.43mg (71.51%), Folate: 224.4µg (56.1%), Phosphorus: 404.7mg (40.47%), Magnesium: 140.6mg (35.15%), Fiber: 8.29g (33.16%), Vitamin B2: 0.54mg (31.62%), Copper: 0.63mg (31.51%), Iron: 5.45mg (30.28%), Selenium: 20.45µg (29.21%), Vitamin B6: 0.49mg (24.7%), Vitamin B1: 0.36mg (23.87%), Potassium: 765.8mg (21.88%), Vitamin E: 3.24mg (21.6%), Zinc: 2.98mg (19.85%), Vitamin C: 13.54mg (16.41%), Vitamin B5: 1.43mg (14.34%), Calcium: 116.8mg (11.68%), Vitamin B3: 2.2mg (11.02%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)