



WHATSheATE



HEALTH SCORE

67%

Summer Vegetable Bibimbap with Corn, Zucchini and Black Beans



Gluten Free



Dairy Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



393 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



1 large avocado diced



1 cup black beans



1 cup carrots shredded



1 cup regular corn (optionally grilled)



0.3 cup green onions



0.3 cup gochujang sauce



1 cup rice rinsed

- ☐ 1 tablespoon sesame seed toasted
- ☐ 2 cups water
- ☐ 1 cup zucchini shredded

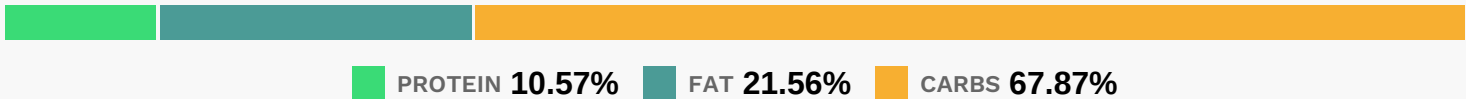
Equipment

- ☐ bowl

Directions

- ☐ Bring the rice and water to a boil, reduce the heat and simmer covered until the rice is tender and all of the water has been absorbed.Assemble bibimbap bowls and enjoy.

Nutrition Facts



Properties

Glycemic Index:78.88, Glycemic Load:29.82, Inflammation Score:-10, Nutrition Score:21.443913148797%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 392.82kcal (19.64%), Fat: 9.7g (14.92%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 68.68g (22.89%), Net Carbohydrates: 58.44g (21.25%), Sugar: 7.99g (8.88%), Cholesterol: 0mg (0%), Sodium: 215.78mg (9.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.7g (21.4%), Vitamin A: 5647.61IU (112.95%), Manganese: 0.99mg (49.48%), Fiber: 10.24g (40.95%), Folate: 136.79µg (34.2%), Vitamin K: 29.25µg (27.85%), Copper: 0.44mg (22.13%), Magnesium: 85.12mg (21.28%), Potassium: 743.4mg (21.24%), Phosphorus: 207.04mg (20.7%), Vitamin B6: 0.4mg (20.12%), Vitamin C: 15.75mg (19.1%), Vitamin B1: 0.26mg (17.41%), Vitamin B5: 1.73mg (17.32%), Vitamin B3: 3.06mg (15.28%), Iron: 2.32mg (12.87%), Zinc: 1.91mg (12.75%), Selenium: 8.6µg (12.28%), Vitamin B2: 0.19mg (11.35%), Vitamin E: 1.41mg (9.42%), Calcium: 74.81mg (7.48%)