



Tongin Market Tteokbokki (Spicy Rice Cakes)



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



22 min.

SERVINGS



4

CALORIES



450 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 2 teaspoons sesame oil dark
- ☐ 2 tablespoons coarsely ground korean chile (gochugaru)
- ☐ 1 tablespoon lower-sodium soy sauce
- ☐ 14 ounces rice cakes) for tteokbokki (2 1/2 cups
- ☐ 1 teaspoon sugar

Equipment

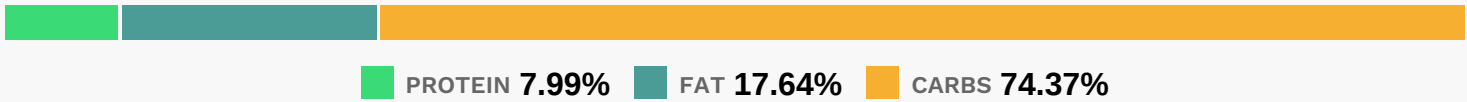
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring a large saucepan of water to a boil.
- ☐ Add rice cakes; boil 2 minutes or just until rice cakes float.
- ☐ Drain and rinse well with cold water.
- ☐ Drain.
- ☐ Place rice cakes in a medium bowl.
- ☐ Add chile, soy sauce, sugar, and sesame oil; let stand at room temperature 15 minutes, tossing occasionally.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add canola oil to pan; swirl to coat.
- ☐ Add rice cake mixture; saut 5 minutes or until rice cakes are crisp and evenly blistered, stirring frequently.

Nutrition Facts



Properties

Glycemic Index:17.52, Glycemic Load:0.7, Inflammation Score:-8, Nutrition Score:19.284782721863%

Nutrients (% of daily need)

Calories: 450.02kcal (22.5%), Fat: 8.86g (13.64%), Saturated Fat: 1.21g (7.54%), Carbohydrates: 84.07g (28.02%), Net Carbohydrates: 78.49g (28.54%), Sugar: 2.18g (2.42%), Cholesterol: 0mg (0%), Sodium: 235.41mg (10.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.04g (18.07%), Manganese: 3.79mg (189.3%), Vitamin B3: 8.26mg (41.27%), Phosphorus: 375.84mg (37.58%), Selenium: 25.25µg (36.07%), Magnesium: 138.7mg (34.68%), Copper: 0.48mg (24.18%), Vitamin A: 1186IU (23.72%), Vitamin E: 3.41mg (22.75%), Fiber: 5.59g (22.35%), Zinc: 3.18mg (21.2%), Vitamin B2: 0.21mg (12.42%), Iron: 2.22mg (12.36%), Vitamin B6: 0.24mg (11.95%), Potassium: 379.85mg (10.85%), Vitamin B5: 1.04mg (10.41%), Vitamin K: 8.88µg (8.46%), Folate: 23.72µg (5.93%), Vitamin B1: 0.07mg (4.81%), Calcium: 25.32mg (2.53%)