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Edamame Sesame Bowl [♦]

The Edamame Sesame Bowl is a vegan recipe that combines the nutty flavor of edamame with the richness of sesame. It is a healthy and delicious bowl packed with protein and nutrients. The edamame is cooked and tossed with a sesame dressing, then served over a bed of brown rice or quinoa. This recipe is perfect for vegans and anyone looking for a nutritious and flavorful meal.

Recipe Type: Vegan

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

| | |
|--------------|------------|
| 200 g | Edamame |
| 150 g | Brown Rice |
| 2 tsp | sesame oil |
| 2 tsp | soy sauce |

| | |
|---------------------|-------------------|
| 1 tsp | rice vinegar |
| 1 tsp | Sesame Seeds |
| 2 stalks | Green onion |
| 1 cloves | garlic |
| 1 tsp | Ginger |
| 0.5 tsp | Red Pepper Flakes |

Directions

Step 1

Boiling

Cook the brown rice according to package instructions.

Prep Time: 5 mins

Cook Time: 15 mins

Step 2

Mixing

In a small bowl, whisk together the sesame oil, soy sauce, rice vinegar, minced garlic, grated ginger, and red pepper flakes to make the dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Steaming

Steam the edamame until tender, about 5-7 minutes.

Prep Time: 2 mins

Cook Time: 7 mins

Step 4

Mixing

In a large bowl, combine the cooked brown rice, steamed edamame, chopped green onion, and sesame seeds. Pour the dressing over the mixture and toss to coat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Serving

Serve the Edamame Sesame Bowl in individual bowls and garnish with additional sesame seeds and green onion, if desired.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 15 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 15 g | 88.24% | 88.24% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 30 g | 54.55% | 60% |
| Fibers | 10 g | 26.32% | 40% |
| Sugars | 5 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 6 g | N/A | N/A |
| Saturated Fat | 1 g | 4.55% | 5.88% |
| Fat | 15 g | 53.57% | 60% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 0 iu | 0% | 0% |
| Vitamin C | 10 mg | 11.11% | 13.33% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 2 mg | 13.33% | 13.33% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|--------|------------------------|--------------------------|
| Sodium | 600 mg | 26.09% | 26.09% |
| Calcium | 10 mg | 1% | 1% |
| Iron | 15 mg | 187.5% | 83.33% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Potassium | 500 mg | 14.71% | 19.23% |
| Zinc | 2 mg | 18.18% | 25% |
| Selenium | 10 mcg | 18.18% | 18.18% |

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Barbecue Game Day

Cuisines

Italian Mediterranean Spanish Vietnamese American

Nutritional Content

Low Calorie Low Fat High Fiber Low Sodium High Vitamin C

Kitchen Tools

Blender

Course

Main Dishes Side Dishes Salads Sauces & Dressings

Meal Type

Lunch Snack Supper

Difficulty Level

Medium

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