

# Kim Bap (Korean Rice Rolls)

Recipe #46970

A yummy lunch my mom used to make for me. It can easily be adapted to suit your tastes. Serve with your favorite dipping sauce.

by trc

23 min | 20 min prep

SERVES 4

4 cups hot cooked rice  
 1 teaspoon rice vinegar  
 1/2 teaspoon soy sauce  
 1/2 teaspoon dark sesame oil  
 4 sheets kim fresh seaweed  
 1 small carrot, julienned  
 2 eggs, beaten  
 10 ounces frozen spinach, thawed and drained  
 1/2 teaspoon sesame oil  
 1/2 teaspoon soy sauce  
 4 slices pickled yellow radishes  
 1 tablespoon sesame seed, toasted

1. Let rice cool a bit.
2. Meanwhile, mix the rice with the vinegar, soy sauce, and sesame oil.
3. Fry eggs as if it were a pancake.
4. Cut egg into strips.
5. Mix spinach with sesame oil and soy sauce.
6. To assemble, put rice on a bamboo roller (I do not have one and it works fine, just not as pretty).
7. Spread rice over 2/3 of the sheet, lay carrots, spinach, and egg on top.
8. Sprinkle with sesame seeds and roll like a jelly roll.
9. Cut into 1/2 inch rounds.
10. You can adapt this to your own tastes, some people put imitation crab meat in them, I put marinated soy bean sprouts and cucumbers in mine, etc.

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## Nutrition Facts

Serving Size 1 (307g)

Recipe makes 4 servings

The following items or measurements are not included below:

1 teaspoon rice vinegar

4 sheets fresh seaweed

**Calories 331**

Calories from Fat 51 (15%)

Amount Per Serving	%DV
Total Fat 5.7g	8%
Saturated Fat 1.4g	7%
Monounsaturated Fat 1.9g	
Polyunsaturated Fat 1.6g	
Trans Fat 0.0g	
<b>Cholesterol 105mg</b>	<b>35%</b>
<b>Sodium 185mg</b>	<b>7%</b>
<b>Potassium 434mg</b>	<b>12%</b>
<b>Total Carbohydrate 58.6g</b>	<b>19%</b>
Dietary Fiber 3.6g	14%
Sugars 1.5g	
<b>Protein 11.3g</b>	<b>22%</b>
Vitamin A 11381mcg	227%
Vitamin B6 0.3mg	14%
Vitamin B12 0.3mcg	5%
Vitamin C 19mg	33%
Vitamin E 1mcg	3%
Calcium 166mg	16%
Iron 5mg	28%

detailed view...

how is this calculated?