



Almost Classic Pork Fried Rice



Gluten Free



Dairy Free

READY IN



24 min.

SERVINGS



4

CALORIES



409 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup carrots chopped
- ☐ 0.5 cup celery chopped
- ☐ 3 cups brown rice long-grain chilled cooked
- ☐ 1 teaspoon sesame oil dark
- ☐ 1 large eggs
- ☐ 2 cups bean sprouts fresh
- ☐ 2 tablespoons ginger fresh minced peeled

- ☐ 2 tablespoons garlic minced
- ☐ 0.5 cup spring onion chopped (white part)
- ☐ 1 cup spring onion chopped
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 3 tablespoons soy sauce
- ☐ 3 tablespoons mirin
- ☐ 2 tablespoons vegetable oil; peanut oil preferred divided
- ☐ 0.5 pound pork loin boneless cut into 1/2-inch pieces
- ☐ 0.3 cup water chestnuts diced canned rinsed drained

Equipment

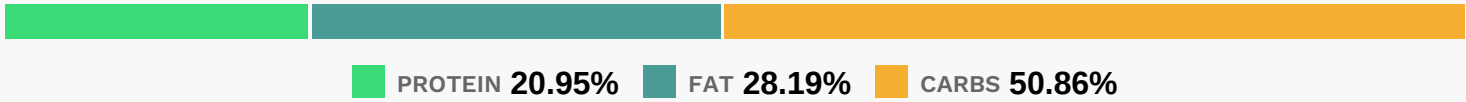
- ☐ frying pan

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 tablespoon peanut oil to pan, swirling to coat.
- ☐ Sprinkle 1/8 teaspoon salt over pork.
- ☐ Add pork to pan, and saut for 2 minutes or until browned on all sides.
- ☐ Remove pork from pan.
- ☐ Add carrot and celery to pan, and saut for 2 minutes or until lightly browned, stirring frequently.
- ☐ Add carrot mixture to the pork.
- ☐ Add remaining 1 tablespoon peanut oil to pan, swirling to coat. Stir in green onion bottoms, garlic, and ginger; cook for 15 seconds, stirring constantly.
- ☐ Add rice, stirring well to coat rice with oil; cook, without stirring, for 2 minutes or until edges begin to brown. Stir rice mixture, and cook, without stirring, an additional 2 minutes or until edges begin to brown. Make a well in center of rice mixture.
- ☐ Add egg; stir-fry for 30 seconds or until soft-scrambled, stirring constantly.
- ☐ Return the pork mixture to pan. Stir in mirin, and cook for 1 minute or until mirin is absorbed. Stir in the remaining 3/8 teaspoon salt, soy sauce, sesame oil, and pepper.

- ☐
- Remove from heat, and stir in bean sprouts and water chestnuts.
- ☐
- Sprinkle with green onion tops.

Nutrition Facts



Properties

Glycemic Index:68.01, Glycemic Load:18.18, Inflammation Score:-10, Nutrition Score:28.81565209057%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 408.84kcal (20.44%), Fat: 13.03g (20.04%), Saturated Fat: 2.73g (17.07%), Carbohydrates: 52.88g (17.63%), Net Carbohydrates: 46.87g (17.04%), Sugar: 7.7g (8.55%), Cholesterol: 82.22mg (27.41%), Sodium: 900.33mg (39.14%), Alcohol: 1.27g (100%), Alcohol %: 0.42% (100%), Protein: 21.78g (43.56%), Manganese: 1.97mg (98.53%), Vitamin K: 101.14µg (96.32%), Vitamin A: 3182.99IU (63.66%), Vitamin B6: 0.88mg (43.85%), Phosphorus: 347.19mg (34.72%), Vitamin B1: 0.5mg (33.27%), Vitamin B3: 6.27mg (31.34%), Selenium: 20.96µg (29.94%), Magnesium: 114.46mg (28.61%), Fiber: 6.01g (24.06%), Vitamin C: 16.95mg (20.55%), Folate: 82.11µg (20.53%), Potassium: 710.36mg (20.3%), Vitamin B2: 0.33mg (19.51%), Zinc: 2.74mg (18.28%), Copper: 0.34mg (16.9%), Iron: 2.86mg (15.9%), Vitamin B5: 1.59mg (15.9%), Vitamin E: 1.89mg (12.59%), Calcium: 81.53mg (8.15%), Vitamin B12: 0.4µg (6.67%), Vitamin D: 0.48µg (3.18%)