



April's Chicken Fried Rice

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



311 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 eggs beaten
- ☐ 2 green onions chopped
- ☐ 0.8 cup mushrooms sliced
- ☐ 6 servings salt to taste
- ☐ 2 chicken breast halves boneless skinless cubed
- ☐ 1 tablespoon soya sauce to taste
- ☐ 2 cups rice white uncooked

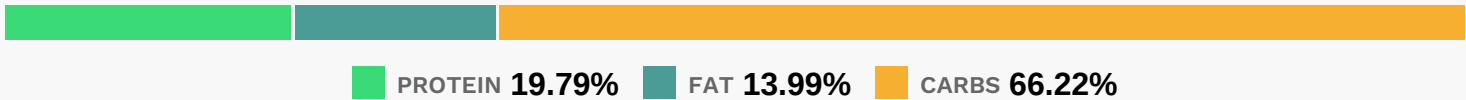
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In a saucepan bring 4 cups water to a boil.
- ☐ Add rice and stir. Reduce heat, cover and simmer for 20 minutes.
- ☐ Heat butter in a large skillet over medium-high heat. Brown chicken in butter and season with salt to taste. Set chicken aside.
- ☐ Transfer cooked rice to the skillet in which the chicken was cooked, stirring to brown.
- ☐ In a separate skillet, scramble eggs.
- ☐ To the rice add chicken, mushrooms, green onions, eggs and soy sauce to taste.

Nutrition Facts



Properties

Glycemic Index:31.7, Glycemic Load:29.84, Inflammation Score:-2, Nutrition Score:10.83913048454%

Flavonoids

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 311.45kcal (15.57%), Fat: 4.72g (7.26%), Saturated Fat: 1.99g (12.44%), Carbohydrates: 50.26g (16.75%), Net Carbohydrates: 49.21g (17.9%), Sugar: 0.51g (0.57%), Cholesterol: 83.68mg (27.89%), Sodium: 445.22mg (19.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.02g (30.04%), Selenium: 27.06µg (38.65%), Manganese: 0.71mg (35.41%), Vitamin B3: 5.5mg (27.5%), Vitamin B6: 0.43mg (21.46%), Phosphorus: 195.32mg (19.53%), Vitamin B5: 1.58mg (15.83%), Vitamin B2: 0.19mg (11.28%), Copper: 0.2mg (10.1%), Vitamin K: 8.62µg (8.21%), Potassium: 286.68mg (8.19%), Zinc: 1.17mg (7.82%), Magnesium: 30.1mg (7.53%), Iron: 1.08mg (6.01%), Vitamin B1: 0.09mg (5.8%), Folate: 18.54µg (4.64%), Fiber: 1.05g (4.2%), Vitamin A: 188.69IU (3.77%), Vitamin B12: 0.21µg (3.58%), Calcium: 31.88mg (3.19%), Vitamin E: 0.37mg (2.47%), Vitamin D: 0.35µg (2.37%), Vitamin C: 1.46mg (1.76%)