



Arroz Chino Al Estilo Colombiano (Colombian-Style Fried Rice)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



115 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 chicken breast whole bone in skinless
- ☐ 2 garlic cloves
- ☐ 0.5 tablespoon ground cumin
- ☐ 6 servings salt and pepper
- ☐ 2 scallions
- ☐ 1 onion white

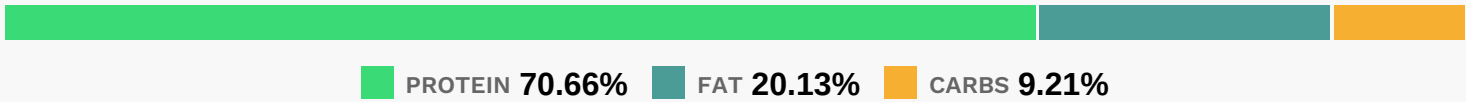
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ lace the chicken breast, 5 cups water and the remaining ingredients for the stock in a medium pot. Bring to a boil, cover and reduce the heat to medium low. Cook for 20 to 25 minutes. Turn the heat off and let the chicken rest in the pot for about 15 minutes covered.
- ☐ Let it cool, shred and set aside.
- ☐ Heat the butter and oil over medium heat in a large pan.
- ☐ Add the chopped onions, crushed garlic, cumin, cilantro and peppers. Cook for about 5–8 minutes or until the vegetables are soft.
- ☐ Add the cooked rice, shredded chicken, Worcestershire sauce, and soy sauce. Stir well and cook over medium high heat for 5 minutes, stirring occasionally.
- ☐ Add the scrambled eggs, peas, carrots, scallions, green onions, bean sprouts and shrimp.
- ☐ Mix well and cook for about 3 minutes more.
- ☐ Transfer the rice to a serving dish and garnish with fresh cilantro.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:0.54, Inflammation Score:-3, Nutrition Score:9.8626087282015%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg, Quercetin: 4.17mg

Nutrients (% of daily need)

Calories: 115.03kcal (5.75%), Fat: 2.48g (3.82%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 2.56g (0.85%), Net Carbohydrates: 2.07g (0.75%), Sugar: 0.89g (0.99%), Cholesterol: 57.86mg (19.29%), Sodium: 301.04mg (13.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.62g (39.24%), Vitamin B3: 9.5mg (47.5%), Selenium: 29.21µg (41.73%), Vitamin B6: 0.72mg (35.81%), Phosphorus: 200.66mg (20.07%), Vitamin B5: 1.32mg (13.2%), Potassium:

385.28mg (11.01%), Vitamin K: 8.58µg (8.17%), Magnesium: 28.22mg (7.06%), Vitamin B2: 0.1mg (5.96%), Vitamin B1: 0.07mg (4.91%), Iron: 0.78mg (4.35%), Vitamin C: 3.54mg (4.3%), Zinc: 0.61mg (4.05%), Manganese: 0.08mg (3.87%), Vitamin B12: 0.18µg (3.01%), Folate: 9.74µg (2.43%), Copper: 0.04mg (2.12%), Fiber: 0.49g (1.96%), Calcium: 18.2mg (1.82%), Vitamin A: 73.81IU (1.48%), Vitamin E: 0.21mg (1.43%)