



Bacon and Chicken Fried Rice



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



441 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 12 slices bacon
- ☐ 1 cup green onion chopped
- ☐ 3 cups rice white instant minute® (such as)
- ☐ 3 chicken breasts boneless skinless cut into chunks
- ☐ 0.5 cup soya sauce to taste
- ☐ 2 teaspoons vegetable oil
- ☐ 3 cups water

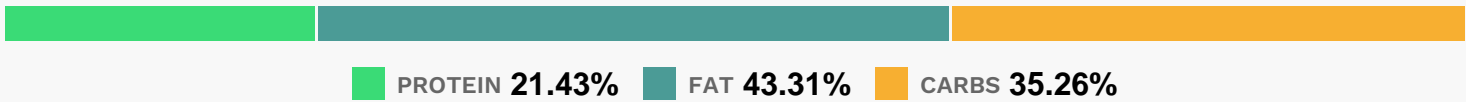
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ wok

Directions

- ☐ Bring water to a boil in a saucepan. Stir instant white rice into boiling water. Cook rice until softened, about 5 minutes.
- ☐ Heat oil in a separate skillet over medium heat. Cook chicken in hot oil until cooked through and no longer pink in the middle, 5 to 7 minutes.
- ☐ Fry bacon in a large wok or skillet over medium-high until hot and cooked through but not yet crunchy, 2 to 3 minutes per side.
- ☐ Remove bacon to a plate lined with paper towels.
- ☐ Drain fat from wok, reserving 1 to 2 tablespoons of drippings in the bottom of the wok.
- ☐ Cut bacon into small pieces.
- ☐ Return wok to medium-high heat and heat reserved bacon drippings.
- ☐ Combine rice, chicken, bacon, green onions, and soy sauce in the wok; cook and stir until evenly mixed and hot, 2 to 3 minutes.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:18.470434862634%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 441.48kcal (22.07%), Fat: 20.88g (32.13%), Saturated Fat: 6.47g (40.45%), Carbohydrates: 38.26g (12.75%), Net Carbohydrates: 36.86g (13.4%), Sugar: 0.74g (0.82%), Cholesterol: 65.2mg (21.73%), Sodium: 1449.66mg (63.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.25g (46.49%), Selenium: 43.17µg

(61.68%), Vitamin B3: 11.53mg (57.63%), Vitamin B1: 0.58mg (38.42%), Vitamin K: 37.41µg (35.63%), Folate: 134.66µg (33.66%), Vitamin B6: 0.64mg (32.08%), Manganese: 0.56mg (28%), Phosphorus: 264.05mg (26.41%), Iron: 3.81mg (21.14%), Vitamin B5: 1.32mg (13.2%), Potassium: 394.77mg (11.28%), Zinc: 1.62mg (10.81%), Magnesium: 38.24mg (9.56%), Vitamin B2: 0.15mg (8.64%), Copper: 0.17mg (8.44%), Fiber: 1.4g (5.62%), Vitamin B12: 0.33µg (5.55%), Vitamin C: 3.81mg (4.62%), Vitamin A: 199.4IU (3.99%), Vitamin E: 0.53mg (3.52%), Calcium: 33.9mg (3.39%), Vitamin D: 0.23µg (1.55%)