



WHATSheATE



Bacon-and-Egg Rice



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



455 kcal

SIDE DISH

Ingredients

- ☐ 8 bacon
- ☐ 0.5 teaspoon pepper black
- ☐ 6 large eggs
- ☐ 1 medium onion finely chopped
- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup scallions chopped
- ☐ 1 teaspoon asian sesame oil
- ☐ 1 tablespoon vegetable oil

- ☐ 2.5 cups water
- ☐ 2 cups rice long-grain white

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ spatula

Directions

- ☐ Bring rice and water to a boil in a 2 1/2-quart heavy saucepan, then reduce heat to low and cook, tightly covered, until water is absorbed and rice is tender, about 20 minutes.
- ☐ Remove from heat and let stand, covered, 5 minutes. Gently stir rice from top to bottom of saucepan with a heatproof rubber spatula.
- ☐ Cook bacon in a 12-inch nonstick skillet over moderate heat, stirring occasionally, until golden and crisp, about 6 minutes.
- ☐ Pour into a sieve set over a heatproof bowl and reserve bacon and fat separately.
- ☐ Whisk together eggs, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a medium bowl.
- ☐ Return 3 tablespoons fat to skillet and sauté onion over moderately high heat, stirring occasionally, until pale golden, about 5 minutes.
- ☐ Add eggs and cook, stirring, until eggs are just set, about 1 minute. Make a well in center of egg mixture, then pour in vegetable oil and 2 tablespoons reserved bacon fat.
- ☐ Add rice, remaining teaspoon salt, and remaining 1/4 teaspoon pepper and cook, stirring, 2 minutes.
- ☐ Add bacon, scallions, and sesame oil and cook mixture, stirring, 1 minute.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 13.22%**  **FAT 39.82%**  **CARBS 46.96%**

Properties

Glycemic Index:25.36, Glycemic Load:30.2, Inflammation Score:-4, Nutrition Score:12.858695527782%

Flavonoids

Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg, Quercetin: 4.61mg

Nutrients (% of daily need)

Calories: 455.25kcal (22.76%), Fat: 19.78g (30.43%), Saturated Fat: 6.03g (37.68%), Carbohydrates: 52.47g (17.49%), Net Carbohydrates: 51.1g (18.58%), Sugar: 1.23g (1.37%), Cholesterol: 205.36mg (68.45%), Sodium: 856.67mg (37.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.77g (29.54%), Selenium: 30.71µg (43.87%), Manganese: 0.75mg (37.39%), Phosphorus: 220.82mg (22.08%), Vitamin K: 22.07µg (21.02%), Vitamin B2: 0.29mg (17.32%), Vitamin B5: 1.59mg (15.86%), Vitamin B6: 0.29mg (14.59%), Zinc: 1.74mg (11.6%), Vitamin B3: 2.27mg (11.35%), Copper: 0.22mg (10.82%), Vitamin B1: 0.16mg (10.49%), Vitamin B12: 0.59µg (9.86%), Folate: 37.28µg (9.32%), Iron: 1.67mg (9.29%), Vitamin D: 1.12µg (7.45%), Magnesium: 29.72mg (7.43%), Vitamin A: 365.21IU (7.3%), Potassium: 250.1mg (7.15%), Vitamin E: 0.96mg (6.43%), Calcium: 61.01mg (6.1%), Fiber: 1.37g (5.49%), Vitamin C: 2.92mg (3.54%)