






 **13%**  
HEALTH SCORE

# Bacon, Egg and Mushroom Fried Rice

 **Gluten Free**  **Dairy Free**

READY IN  
  
**15 min.**

SERVINGS  
  
**2**

CALORIES  
  
**734 kcal**

**SIDE DISH** **LUNCH** **MAIN COURSE** **MAIN DISH**

## Ingredients

- 9 ounces rice cold cooked
- 9 ounces rice cold cooked
- 9 ounces rice cold cooked
- 2 eggs beaten
- 1 dash soy sauce light
- 2 ounces peas frozen
- 1 dash sesame oil
- 4 ounces mushroom caps diced

3 ounces canadian bacon chopped

1 tablespoon vegetable oil

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:209.17, Glycemic Load:117.72, Inflammation Score:-5, Nutrition Score:26.636956521739%

## Nutrients (% of daily need)

Calories: 734.29kcal (36.71%), Fat: 15.91g (24.48%), Saturated Fat: 3.74g (23.4%), Carbohydrates: 116.8g (38.93%), Net Carbohydrates: 112.23g (40.81%), Sugar: 3.32g (3.69%), Cholesterol: 184.94mg (61.65%), Sodium: 485.18mg (21.09%), Protein: 27.48g (54.95%), Manganese: 2.08mg (103.88%), Selenium: 56.59µg (80.84%), Phosphorus: 449.79mg (44.98%), Vitamin B6: 0.81mg (40.58%), Vitamin B3: 7.02mg (35.12%), Vitamin B1: 0.5mg (33.18%), Vitamin B5: 3.27mg (32.7%), Vitamin B2: 0.49mg (28.54%), Zinc: 3.97mg (26.48%), Copper: 0.45mg (22.3%), Magnesium: 79.33mg (19.83%), Vitamin K: 19.74µg (18.8%), Fiber: 4.57g (18.27%), Potassium: 583.55mg (16.67%), Vitamin D: 2.3µg (15.32%), Folate: 59.75µg (14.94%), Iron: 2.49mg (13.82%), Vitamin C: 11.34mg (13.75%), Vitamin B12: 0.68µg (11.28%), Vitamin A: 454.47IU (9.09%), Vitamin E: 1.3mg (8.7%), Calcium: 74.64mg (7.46%)