



 **22%**  
HEALTH SCORE

## Barbecue Chicken With Fried Rice

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

READY IN



**60 min.**

SERVINGS



**6**

CALORIES



**730 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

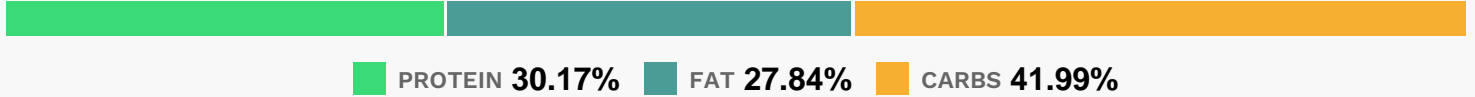
### Ingredients

- 4 tablespoons barbecue sauce
- 2 tablespoons clear honey
- 4 eggs
- 4 garlic clove finely chopped
- 2 tablespoons olive oil
- 2 tablespoons oyster sauce
- 2 tablespoons vegetable oil; peanut oil preferred
- 3.5 ounces peas frozen cooked drained

- 6 servings pepper black freshly ground
- 12 chicken thighs skinless
- 8 ounces rice long-grain white
- 8 ounces rice long-grain white

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:46.83, Glycemic Load:40.22, Inflammation Score:-4, Nutrition Score:28.562608695652%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 730.36kcal (36.52%), Fat: 22.08g (33.97%), Saturated Fat: 4.84g (30.23%), Carbohydrates: 74.94g (24.98%), Net Carbohydrates: 72.81g (26.48%), Sugar: 10.78g (11.98%), Cholesterol: 323.82mg (107.94%), Sodium: 532.1mg (23.13%), Protein: 53.85g (107.69%), Selenium: 72.56µg (103.65%), Vitamin B3: 14.38mg (71.9%), Vitamin B6: 1.24mg (62.2%), Phosphorus: 592.65mg (59.27%), Manganese: 1mg (50.22%), Vitamin B5: 3.98mg (39.84%), Vitamin B2: 0.61mg (36%), Zinc: 4.91mg (32.72%), Vitamin B12: 1.73µg (28.87%), Potassium: 764.81mg (21.85%), Vitamin B1: 0.32mg (21.3%), Magnesium: 82.42mg (20.61%), Iron: 3.36mg (18.64%), Copper: 0.37mg (18.51%), Vitamin E: 2.32mg (15.47%), Vitamin K: 14.07µg (13.4%), Folate: 40.97µg (10.24%), Vitamin C: 7.35mg (8.91%), Fiber: 2.13g (8.52%), Vitamin A: 366.01IU (7.32%), Calcium: 72.37mg (7.24%), Vitamin D: 0.59µg (3.91%)