

Basic Fried Rice



Vegetarian



Gluten Free



Dairy Free

READY IN



9 min.

SERVINGS



4

CALORIES



272 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup matchstick-cut carrots
- ☐ 2 teaspoons bottled garlic minced
- ☐ 4 cups brown rice chilled cooked
- ☐ 2 teaspoons sesame oil dark
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup green onions sliced
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.3 teaspoon pepper

☐ 1 tablespoon water

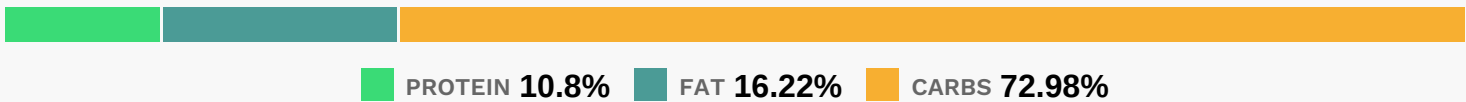
Equipment

☐ frying pan

Directions

- ☐ Heat sesame oil in large nonstick skillet over high heat.
- ☐ Add carrot and next 3 ingredients, and stir-fry until tender.
- ☐ Add cooked rice; stir-fry 2 minutes. Push rice mixture to sides of pan, forming a well in center.
- ☐ Add egg to center of pan, and let cook 30 seconds; toss with rice, and stir-fry until egg is cooked. Stir in soy sauce and water; cook until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:36.55, Glycemic Load:22.54, Inflammation Score:-9, Nutrition Score:16.064782837163%

Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 272.15kcal (13.61%), Fat: 4.89g (7.53%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 49.53g (16.51%), Net Carbohydrates: 45.09g (16.39%), Sugar: 1.16g (1.29%), Cholesterol: 46.5mg (15.5%), Sodium: 322.82mg (14.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.33g (14.65%), Manganese: 2.28mg (113.92%), Vitamin A: 2399.43IU (47.99%), Vitamin K: 27.94µg (26.61%), Magnesium: 97.8mg (24.45%), Phosphorus: 201.31mg (20.13%), Vitamin B6: 0.38mg (19.02%), Fiber: 4.44g (17.76%), Vitamin B1: 0.22mg (14.93%), Vitamin B3: 2.87mg (14.34%), Vitamin B5: 1.07mg (10.72%), Copper: 0.21mg (10.35%), Zinc: 1.54mg (10.27%), Iron: 1.74mg (9.68%), Potassium: 283.57mg (8.1%), Folate: 29.61µg (7.4%), Vitamin B2: 0.12mg (6.97%), Selenium: 4.46µg (6.37%), Calcium: 48.21mg (4.82%), Vitamin C: 3.55mg (4.3%), Vitamin B12: 0.11µg (1.85%), Vitamin E: 0.26mg (1.76%), Vitamin D: 0.25µg (1.67%)