



Beef Fried Rice



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



361 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup celery sliced
- ☐ 1 eggs beaten
- ☐ 1 cup mushrooms fresh sliced
- ☐ 0.5 cup spring onion chopped (8 medium)
- ☐ 1 lb ground beef 80% lean (at least)
- ☐ 1.5 cups snow peas fresh halved
- ☐ 0.5 teaspoon hot sauce hot
- ☐ 1 cup rice long-grain white uncooked

- ☐ 1 tablespoon sesame oil
- ☐ 0.3 cup soya sauce
- ☐ 2 cups water

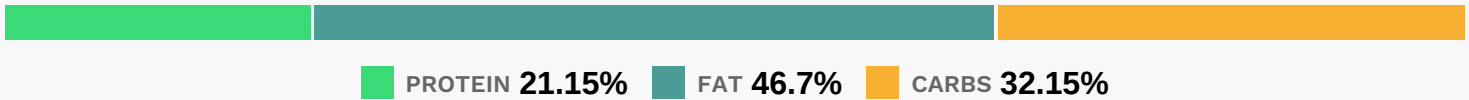
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook rice in water as directed on package.
- ☐ Meanwhile, spray 12-inch nonstick skillet with cooking spray.
- ☐ Heat over medium heat.
- ☐ Add beaten egg to skillet; cook 1 minute or until firm but still moist.
- ☐ Remove from skillet; cut into thin strips. Cover to keep warm.
- ☐ In same skillet, cook ground beef, mushrooms and celery over medium heat 8 to 10 minutes or until beef is thoroughly cooked, stirring frequently.
- ☐ In small bowl, mix soy sauce, sesame oil and hot pepper sauce; stir into beef mixture.
- ☐ Add pea pods, onions, cooked egg and cooked rice; cook 2 to 3 minutes longer or until thoroughly heated, stirring constantly.

Nutrition Facts



Properties

Glycemic Index:28.7, Glycemic Load:15.21, Inflammation Score:-5, Nutrition Score:14.885217448939%

Flavonoids

Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

Nutrients (% of daily need)

Calories: 361.1kcal (18.06%), Fat: 18.5g (28.46%), Saturated Fat: 6.44g (40.27%), Carbohydrates: 28.66g (9.55%), Net Carbohydrates: 27.01g (9.82%), Sugar: 1.89g (2.1%), Cholesterol: 80.96mg (26.99%), Sodium: 805.18mg (35.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.85g (37.7%), Selenium: 20.09µg (28.7%), Vitamin B12: 1.69µg (28.16%), Vitamin K: 27.58µg (26.27%), Zinc: 3.85mg (25.65%), Vitamin B3: 5mg (25%), Manganese: 0.5mg (24.94%), Phosphorus: 218.06mg (21.81%), Vitamin C: 17.11mg (20.74%), Vitamin B6: 0.4mg (20.03%), Vitamin B2: 0.28mg (16.22%), Iron: 2.88mg (16%), Vitamin B5: 1.3mg (13.04%), Potassium: 422.26mg (12.06%), Copper: 0.23mg (11.47%), Magnesium: 37.31mg (9.33%), Folate: 34.92µg (8.73%), Vitamin A: 427.33IU (8.55%), Vitamin B1: 0.12mg (8.05%), Fiber: 1.65g (6.61%), Calcium: 51.7mg (5.17%), Vitamin E: 0.62mg (4.13%), Vitamin D: 0.25µg (1.7%)