



Broccoli and Rice Stir Fry

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



308 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce broccoli florets frozen thawed
- 2 eggs beaten
- 3 spring onion diced
- 0.3 teaspoon pepper black
- 1.5 cups rice long-grain uncooked
- 1.5 cups rice long-grain uncooked
- 0.5 teaspoon salt
- 2 tablespoons soya sauce

1 tablespoon vegetable oil

Equipment

frying pan

sauce pan

Directions

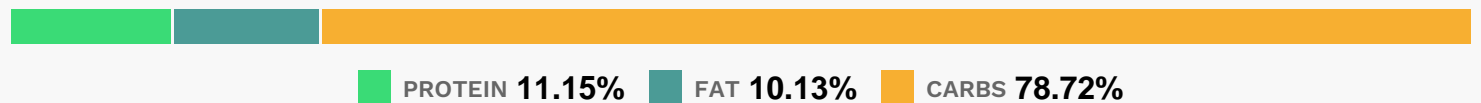
In a saucepan, bring 3 cups water to a boil. Stir in rice. Reduce heat, cover, and simmer for 20 minutes.

Heat oil in a large skillet over medium heat.

Saute broccoli until tender crisp, and add scallions.

Remove from skillet. Scramble eggs; return broccoli mixture to pan. Stir in cooked rice, soy sauce, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:29.17, Glycemic Load:34.23, Inflammation Score:-6, Nutrition Score:15.155652362367%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 4.51mg, Kaempferol: 4.51mg, Kaempferol: 4.51mg, Kaempferol: 4.51mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 307.55kcal (15.38%), Fat: 3.43g (5.28%), Saturated Fat: 0.8g (4.97%), Carbohydrates: 59.93g (19.98%), Net Carbohydrates: 57.39g (20.87%), Sugar: 1.27g (1.41%), Cholesterol: 40.92mg (13.64%), Sodium: 435.24mg (18.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.99%), Vitamin K: 70.48µg (67.12%), Vitamin C: 51.42mg (62.33%), Manganese: 0.91mg (45.75%), Selenium: 15.34µg (21.91%), Phosphorus: 146.6mg (14.66%), Folate: 50.14µg (12.54%), Vitamin B6: 0.24mg (12.18%), Vitamin B5: 1.22mg (12.18%), Fiber: 2.54g (10.18%), Copper: 0.2mg (9.95%), Vitamin B2: 0.16mg (9.48%), Vitamin A: 457.84IU (9.16%), Potassium: 296.95mg (8.48%), Vitamin B3: 1.68mg (8.41%), Magnesium: 33.38mg (8.35%), Zinc: 1.17mg (7.79%), Iron: 1.34mg (7.46%), Vitamin B1: 0.1mg (6.56%), Calcium: 56.74mg (5.67%), Vitamin E: 0.8mg (5.32%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.22µg (1.47%)