



Chaufa-Style Rice

 Gluten Free

READY IN



38 min.

SERVINGS



38

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices oscar mayer bacon
- 3 cups rice medium-grain white cooked
- 1 Tbsp knudsen cream sour
- 8 slices oscar mayer deli turkey breast smoked fresh finely chopped
- 3 eggs
- 1 Tbsp gingerroot fresh minced peeled
- 1 clove garlic minced
- 10 green onions sliced

- 0.3 cup less-sodium soy sauce
- 2 tsp oil
- 1 bell pepper red chopped

Equipment

- frying pan
- paper towels
- whisk

Directions

- Whisk eggs and sour cream until well blended.
- Heat oil in medium skillet on medium heat.
- Add egg mixture; cook 5 min.; turn. Cook 1 min. or until set. (Do not scramble – eggs should resemble an open-face omelet.)
- Remove from pan; cut into 1/2-inch pieces.
- Cook bacon in large skillet until crisp.
- Remove from skillet; drain on paper towels. Chop bacon. Discard drippings in skillet.
- Add ginger and garlic to skillet; cook and stir 1 min.
- Add peppers and onions; cook and stir 5 min.
- Add soy sauce, turkey, rice, half the bacon and cooked egg; mix well. Cook and stir 5 min. or until heated through. Top with remaining bacon.

Nutrition Facts



Properties

Glycemic Index:5.74, Glycemic Load:3.87, Inflammation Score:-2, Nutrition Score:1.8882608802422%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin:

0.35mg

Nutrients (% of daily need)

Calories: 38.02kcal (1.9%), Fat: 1.62g (2.49%), Saturated Fat: 0.48g (3.02%), Carbohydrates: 4.23g (1.41%), Net Carbohydrates: 4.02g (1.46%), Sugar: 0.28g (0.31%), Cholesterol: 15.18mg (5.06%), Sodium: 101.62mg (4.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.57g (3.15%), Vitamin K: 6.88µg (6.55%), Vitamin C: 4.64mg (5.62%), Manganese: 0.08mg (3.88%), Selenium: 2.52µg (3.6%), Vitamin A: 151.12IU (3.02%), Phosphorus: 24.67mg (2.47%), Vitamin B6: 0.04mg (1.94%), Vitamin B2: 0.03mg (1.72%), Folate: 6.25µg (1.56%), Vitamin B5: 0.13mg (1.34%), Magnesium: 4.94mg (1.24%), Zinc: 0.18mg (1.22%), Potassium: 39.9mg (1.14%), Vitamin E: 0.17mg (1.12%), Iron: 0.2mg (1.11%), Vitamin B3: 0.21mg (1.07%), Copper: 0.02mg (1.05%)