



Chicken-and-Cabbage Fried Rice



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



20

CALORIES



228 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 cups brown white cooked
- ☐ 8 oz meat from a rotisserie chicken shredded boneless skinless cooked
- ☐ 3 large eggs lightly beaten
- ☐ 2 teaspoons ginger fresh grated
- ☐ 2 cloves garlic finely chopped
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 2.5 cups napa cabbage cored chopped ()
- ☐ 1 medium onion coarsely chopped

- ☐ 4 scallions white green separated chopped (1 cup total)
- ☐ 5 tablespoons vegetable oil

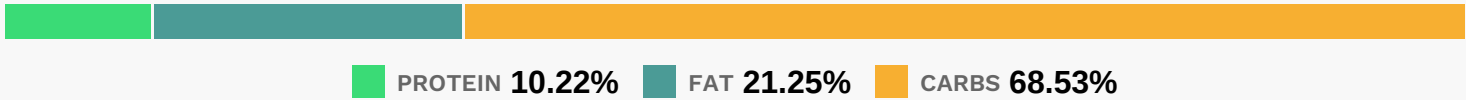
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Warm 2 Tbsp. oil in a wok or large nonstick skillet over medium-high heat until oil is shimmering.
- ☐ Add cabbage, onion and white parts of scallions and stir-fry for 30 seconds.
- ☐ Add ginger and garlic to skillet, toss to combine with cabbage mixture and stir-fry for an additional 15 to 20 seconds.
- ☐ Transfer to a wide, shallow bowl or plate.
- ☐ Warm remaining 3 Tbsp. oil in same skillet.
- ☐ Add rice, mix to coat with oil and spread out in pan (but don't press flat).
- ☐ Let rice cook undisturbed for 2 minutes, then stir.
- ☐ Let cook undisturbed 1 minute longer, then push to edges of pan.
- ☐ Add eggs to center of pan and stir to scramble. Break eggs into pieces and stir into rice.
- ☐ Drizzle soy sauce over rice, add chicken and stir to combine well. Cook for 1 to 2 minutes longer to warm through. Stir in cabbage mixture and half of scallion greens and continue cooking and stirring until warmed through, about 1 minute.
- ☐ Sprinkle with remaining scallion greens and serve.

Nutrition Facts



Properties

Glycemic Index:9.86, Glycemic Load:22.5, Inflammation Score:-2, Nutrition Score:6.0356520880824%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 227.76kcal (11.39%), Fat: 5.28g (8.12%), Saturated Fat: 1.08g (6.75%), Carbohydrates: 38.3g (12.77%), Net Carbohydrates: 37.4g (13.6%), Sugar: 0.52g (0.58%), Cholesterol: 31.98mg (10.66%), Sodium: 104.71mg (4.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.43%), Manganese: 0.55mg (27.55%), Vitamin K: 15.47µg (14.74%), Selenium: 10.23µg (14.61%), Phosphorus: 85.79mg (8.58%), Vitamin B6: 0.15mg (7.28%), Vitamin B5: 0.66mg (6.62%), Vitamin B3: 1.2mg (6.02%), Copper: 0.12mg (5.99%), Zinc: 0.74mg (4.91%), Folate: 18.72µg (4.68%), Vitamin B2: 0.08mg (4.58%), Magnesium: 17.63mg (4.41%), Vitamin C: 3.61mg (4.38%), Iron: 0.67mg (3.7%), Fiber: 0.9g (3.59%), Potassium: 121.57mg (3.47%), Vitamin B1: 0.05mg (3.19%), Vitamin E: 0.46mg (3.07%), Calcium: 29.35mg (2.94%), Vitamin A: 102.4IU (2.05%), Vitamin B12: 0.08µg (1.39%), Vitamin D: 0.16µg (1.07%)