



Chicken and Vegetable Fried Rice



Gluten Free



Dairy Free

READY IN



23 min.

SERVINGS



4

CALORIES



315 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 ounces chicken breast diced cooked
- ☐ 3 cups rice cold cooked
- ☐ 1 tablespoon sesame oil dark divided
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup green onions thinly sliced

- ☐ 1 cup peas green frozen
- ☐ 1 small bell pepper red cut into short, thin strips
- ☐ 0.3 cup teriyaki sauce low-sodium

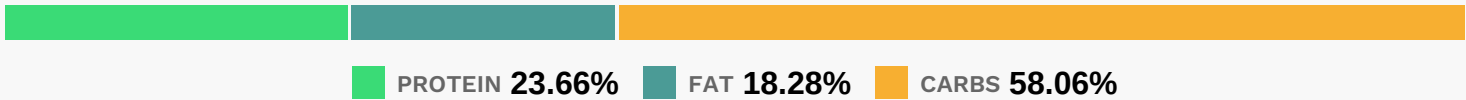
Equipment

- ☐ frying pan
- ☐ spatula

Directions

- ☐ Combine egg and egg white, beating well.
- ☐ Heat 1 teaspoon sesame oil in a large nonstick skillet over medium-high heat.
- ☐ Add egg and egg white to skillet. As egg begins to cook, gently lift edges with a spatula, and tilt pan to allow uncooked portion to flow underneath. When set (about 30 seconds), turn egg over; remove from pan. Break into coarse pieces with spatula; set aside and keep warm.
- ☐ Add remaining 2 teaspoons oil, garlic, and ginger to pan; stir-fry 1 minute.
- ☐ Add bell pepper; stir-fry 2 minutes.
- ☐ Add chicken and peas; stir-fry 1 minute.
- ☐ Add rice and teriyaki sauce; stir-fry 1 minute or until rice is thoroughly heated.
- ☐ Add cooked egg and green onions, stirring to combine.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:65.58, Glycemic Load:37.79, Inflammation Score:-7, Nutrition Score:16.307826244313%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 315.17kcal (15.76%), Fat: 6.28g (9.67%), Saturated Fat: 1.31g (8.18%), Carbohydrates: 44.9g (14.97%), Net Carbohydrates: 41.68g (15.15%), Sugar: 6.61g (7.34%), Cholesterol: 70.6mg (23.53%), Sodium: 977.08mg (42.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.29g (36.59%), Vitamin C: 40.26mg (48.81%), Manganese: 0.78mg (38.93%), Selenium: 23.4µg (33.43%), Vitamin B3: 5.68mg (28.42%), Vitamin K: 27.77µg (26.45%), Vitamin B6: 0.47mg (23.32%), Phosphorus: 228.22mg (22.82%), Vitamin A: 1013.22IU (20.26%), Magnesium: 56.14mg (14.04%), Vitamin B2: 0.23mg (13.54%), Fiber: 3.22g (12.88%), Folate: 50.37µg (12.59%), Vitamin B1: 0.17mg (11.35%), Vitamin B5: 1.1mg (11.05%), Iron: 1.93mg (10.74%), Zinc: 1.6mg (10.67%), Copper: 0.21mg (10.56%), Potassium: 359.4mg (10.27%), Calcium: 48.91mg (4.89%), Vitamin E: 0.69mg (4.62%), Vitamin B12: 0.22µg (3.58%), Vitamin D: 0.28µg (1.86%)