



Chicken Fried Rice



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



371 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tsp asian chili-garlic sauce
- ☐ 4 cups rice cooked
- ☐ 2 cups meat from a rotisserie chicken cooked chopped
- ☐ 4 large eggs lightly beaten
- ☐ 6 servings toppings: green onions toasted sliced chopped
- ☐ 1 pound haricots verts trimmed cut into 1 1/2-inch pieces (2 cups) (tiny green beans)
- ☐ 0.8 cup onion diced
- ☐ 0.8 cup bell pepper diced red

- ☐ 0.3 cup soya sauce
- ☐ 3 tablespoons vegetable oil divided

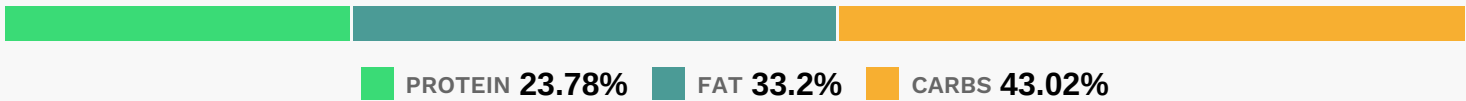
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1 Tbsp. oil in a large skillet over medium-high heat 1 minute; add eggs, and cook, gently stirring, 1 to 2 minutes or until softly scrambled.
- ☐ Remove eggs from skillet; chop.
- ☐ Heat remaining 2 Tbsp. oil in skillet; add onion, bell pepper, and green beans, and stir-fry 3 to 4 minutes or until vegetables are crisp-tender.
- ☐ Add chicken, and stir-fry 2 minutes.
- ☐ Add rice, soy sauce, and chili-garlic sauce; stir-fry 3 to 4 minutes or until thoroughly heated. Stir in scrambled eggs; sprinkle with desired toppings.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:34.2, Inflammation Score:-8, Nutrition Score:20.19913047293%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg, Quercetin: 6.81mg

Nutrients (% of daily need)

Calories: 370.51kcal (18.53%), Fat: 13.63g (20.96%), Saturated Fat: 3.07g (19.17%), Carbohydrates: 39.72g (13.24%), Net Carbohydrates: 36.2g (13.16%), Sugar: 4.92g (5.47%), Cholesterol: 159mg (53%), Sodium: 892.28mg (38.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.96g (43.91%), Vitamin K: 58.53µg (55.74%), Selenium: 30.32µg (43.32%), Vitamin C: 35.67mg (43.24%), Manganese: 0.8mg (39.92%), Vitamin B6: 0.56mg (28.01%), Vitamin A: 1364.13IU (27.28%), Vitamin B3: 5.43mg (27.13%), Phosphorus: 259.24mg (25.92%), Vitamin B2: 0.36mg

(21.11%), Vitamin B5: 1.68mg (16.82%), Folate: 64.64µg (16.16%), Iron: 2.66mg (14.76%), Fiber: 3.52g (14.08%), Magnesium: 55.93mg (13.98%), Zinc: 2mg (13.31%), Potassium: 461.63mg (13.19%), Vitamin E: 1.59mg (10.6%), Copper: 0.21mg (10.44%), Vitamin B1: 0.16mg (10.37%), Calcium: 75.57mg (7.56%), Vitamin B12: 0.43µg (7.2%), Vitamin D: 0.67µg (4.44%)