



Chicken Fried Rice



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



8

CALORIES



238 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups rice cold cooked
- ☐ 3 large eggs
- ☐ 2 garlic cloves finely minced
- ☐ 6 onions green plus more for garnish, optional thinly sliced spring
- ☐ 8 servings kosher salt and pepper black freshly ground
- ☐ 1 large onion finely chopped
- ☐ 1 teaspoon sesame oil
- ☐ 4 chicken breast halves boneless skinless cut into thin strips

- ☐ 2 tablespoons soya sauce
- ☐ 8 servings vegetable oil for frying

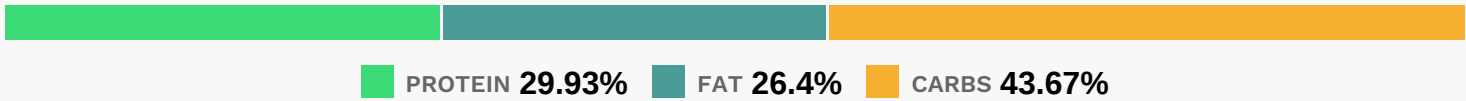
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wok

Directions

- ☐ Beat eggs with a whisk in a small bowl and season with salt and pepper, to taste.
- ☐ Heat very little oil in a medium frying pan over medium heat and make an omelette using half the beaten eggs. Turn out onto a plate to cool (do not fold omelette). Repeat process with remaining beaten eggs.
- ☐ Place 1 omelette on top of the other, fold and coarsely chop. Set aside.
- ☐ In a medium bowl, toss chicken strips with the sesame oil and season with salt and pepper, to taste.
- ☐ Heat 3 tablespoons vegetable oil over high heat in large frying pan or wok and stir-fry the prepared chicken strips until lightly golden, about 2 to 3 minutes.
- ☐ Add the onion and garlic and stir-fry for 1 to 2 minutes or until onion has softened.
- ☐ Add 2 tablespoons more vegetable oil and when hot, stir in the cooked rice and green onions, tossing and mixing thoroughly until very hot.
- ☐ Sprinkle with soy sauce and mix evenly.
- ☐ Remove from heat and stir in chopped cooked egg. If desired, garnish with additional sliced green onions.

Nutrition Facts



Properties

Glycemic Index:30.63, Glycemic Load:24.55, Inflammation Score:-4, Nutrition Score:11.761739129606%

Flavonoids

Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg, Quercetin: 4.78mg

Nutrients (% of daily need)

Calories: 237.54kcal (11.88%), Fat: 6.82g (10.48%), Saturated Fat: 1.48g (9.25%), Carbohydrates: 25.36g (8.45%), Net Carbohydrates: 24.42g (8.88%), Sugar: 1.2g (1.33%), Cholesterol: 105.91mg (35.3%), Sodium: 346.66mg (15.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.38g (34.77%), Selenium: 30.06µg (42.94%), Vitamin B3: 6.48mg (32.38%), Vitamin B6: 0.58mg (28.76%), Manganese: 0.47mg (23.65%), Vitamin K: 24.27µg (23.11%), Phosphorus: 205.67mg (20.57%), Vitamin B5: 1.45mg (14.53%), Vitamin B2: 0.17mg (10.15%), Potassium: 328.67mg (9.39%), Magnesium: 32.25mg (8.06%), Zinc: 1.05mg (7.02%), Folate: 23.61µg (5.9%), Iron: 1mg (5.54%), Copper: 0.11mg (5.38%), Vitamin B1: 0.08mg (5.15%), Vitamin C: 3.99mg (4.84%), Vitamin B12: 0.28µg (4.66%), Vitamin E: 0.63mg (4.18%), Vitamin A: 208.92IU (4.18%), Fiber: 0.95g (3.78%), Calcium: 34.72mg (3.47%), Vitamin D: 0.43µg (2.88%)