



Chicken Fried Rice



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



397 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup broccoli florets coarsely chopped
- ☐ 1 tablespoon canola oil
- ☐ 1 cup carrots chopped
- ☐ 1 cup chicken breast diced boneless skinless
- ☐ 3 cups brown rice long-grain chilled cooked
- ☐ 2 tablespoons sesame oil dark
- ☐ 2 large eggs lightly beaten

- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 2 garlic clove minced
- ☐ 0.7 cup spring onion divided sliced (4 green onions)
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons soy sauce
- ☐ 1 cup peas green frozen

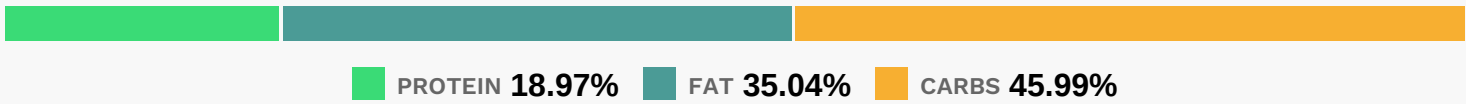
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oils; swirl to coat.
- ☐ Add carrot and broccoli; stir-fry 3 minutes or until crisp-tender.
- ☐ Add chicken, peas, 1/2 cup onions, garlic, and ginger. Stir-fry 2 minutes or until onions are tender.
- ☐ Add rice; cook 3 minutes or until thoroughly heated, stirring occasionally. Reduce heat to medium.
- ☐ Push rice mixture to 1 side of pan; add eggs to opposite side of pan. Cook, without stirring, for 10 seconds. Cook, stirring frequently, 2 additional minutes or until eggs are scrambled. Stir in soy sauce, salt, and pepper.
- ☐ Sprinkle with remaining onions.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:58.04, Glycemic Load:3.13, Inflammation Score:-10, Nutrition Score:29.572173491768%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 396.72kcal (19.84%), Fat: 15.54g (23.91%), Saturated Fat: 2.58g (16.15%), Carbohydrates: 45.89g (15.3%), Net Carbohydrates: 39.14g (14.23%), Sugar: 5.02g (5.57%), Cholesterol: 117mg (39%), Sodium: 699.41mg (30.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.93g (37.87%), Vitamin A: 6078.2IU (121.56%), Manganese: 1.68mg (84.09%), Vitamin K: 75.62µg (72.02%), Selenium: 35.62µg (50.89%), Vitamin C: 40.76mg (49.4%), Vitamin B3: 7.58mg (37.88%), Vitamin B6: 0.72mg (36.17%), Phosphorus: 337.11mg (33.71%), Fiber: 6.75g (26.99%), Magnesium: 105.88mg (26.47%), Vitamin B1: 0.32mg (21.58%), Folate: 77.38µg (19.35%), Vitamin B2: 0.32mg (18.58%), Potassium: 582.85mg (16.65%), Vitamin B5: 1.64mg (16.4%), Zinc: 2.23mg (14.87%), Copper: 0.29mg (14.45%), Iron: 2.38mg (13.24%), Vitamin E: 1.65mg (11.01%), Calcium: 78.74mg (7.87%), Vitamin B12: 0.3µg (4.96%), Vitamin D: 0.54µg (3.58%)