



## Chicken Fried Rice



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



661 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 2 cups brown rice from stuffed peppers cooked
- ☐ 2 tablespoons ginger fresh grated
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 onion halved sliced
- ☐ 1 pound stir-fry vegetables frozen dry thawed
- ☐ 1 pound chicken breast boneless skinless cut into 1-inch pieces
- ☐ 3 tablespoons vegetable oil

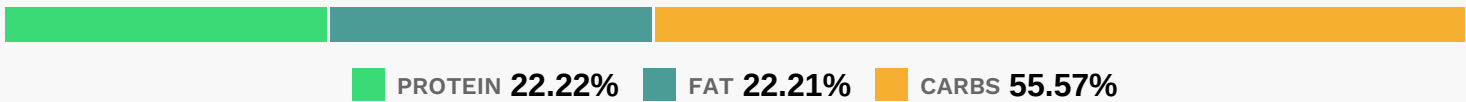
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ Toss chicken with 1 Tbsp. soy sauce.
- ☐ Place a large skillet over high heat.
- ☐ Add 1 Tbsp. oil, then onion; stir-fry until onion starts to brown, about 1 minute.
- ☐ Add chicken; stir-fry until cooked through, 5 to 6 minutes.
- ☐ Transfer mixture to a bowl.
- ☐ Add 1 Tbsp. oil to skillet. Stir-fry vegetables for 2 minutes.
- ☐ Transfer to bowl with chicken.
- ☐ Add 1 Tbsp. oil, garlic and ginger to skillet; stir-fry for 30 seconds.
- ☐ Add rice; cook for 2 minutes.
- ☐ Add chicken, vegetables and remaining soy sauce; cook 1 minute longer.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:43.94, Glycemic Load:46.23, Inflammation Score:-10, Nutrition Score:35.752174066461%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg, Quercetin: 5.61mg

## Nutrients (% of daily need)

Calories: 661.04kcal (33.05%), Fat: 16.38g (25.2%), Saturated Fat: 2.84g (17.78%), Carbohydrates: 92.2g (30.73%), Net Carbohydrates: 83.76g (30.46%), Sugar: 1.32g (1.47%), Cholesterol: 72.57mg (24.19%), Sodium: 764.2mg (33.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.88g (73.76%), Manganese: 3.99mg (199.28%), Vitamin A: 5793.06IU (115.86%), Vitamin B3: 17.59mg (87.95%), Vitamin B6: 1.52mg (76.22%), Phosphorus: 593.76mg (59.38%), Selenium: 37.2µg (53.14%), Magnesium: 208.18mg (52.04%), Vitamin B1: 0.63mg (41.74%), Fiber: 8.45g (33.79%), Vitamin B5: 3.32mg (33.2%), Potassium: 1031.37mg (29.47%), Zinc: 3.29mg (21.93%), Copper: 0.43mg (21.51%), Iron: 3.53mg (19.6%), Vitamin C: 15.83mg (19.19%), Vitamin K: 19.12µg (18.21%), Vitamin B2: 0.3mg (17.6%), Folate: 69.09µg (17.27%), Calcium: 79.75mg (7.98%), Vitamin E: 1.13mg (7.54%), Vitamin B12: 0.23µg (3.78%)