



Chicken Fried Rice with Vegetables



Vegetarian



Gluten Free



Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



454 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 servings pepper black
- ☐ 4 cups rice white cooked
- ☐ 3 eggs
- ☐ 10 oz savory vegetable mixed frozen thawed
- ☐ 4 servings kosher salt
- ☐ 0.8 cup onion chopped
- ☐ 2 teaspoons sesame oil
- ☐ 2 tablespoons soya sauce

☐ 0.3 cup vegetable oil

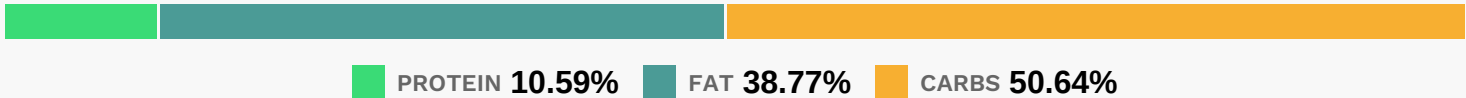
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ In a medium bowl, toss chicken with soy sauce and sesame oil. Cover and marinate at room temperature for 10 minutes.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add chicken and marinade and stir-fry until chicken is cooked through, 3 to 4 minutes.
- ☐ Transfer chicken to a plate; set aside.
- ☐ Add vegetable oil to skillet and heat over medium heat.
- ☐ Add onion and cook for 3 minutes. Stir in vegetables and cook for 1 minute. Increase heat to medium-high, stir in rice until incorporated and cooked through, 3 minutes.
- ☐ Using a wooden spoon, form a well in mixture.
- ☐ Add eggs and scramble within well just until soft. Then break apart and mix into rice; season with salt and pepper.
- ☐ Let cook undisturbed until a golden crust forms, about 1 minute. Turn rice with a spatula and cook other side. Repeat 2 or 3 times until rice is uniformly golden.
- ☐ Add chicken and stir to combine.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:57, Glycemic Load:51.54, Inflammation Score:-10, Nutrition Score:16.770434835683%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 453.73kcal (22.69%), Fat: 19.62g (30.18%), Saturated Fat: 3.6g (22.51%), Carbohydrates: 57.65g (19.22%), Net Carbohydrates: 53.58g (19.48%), Sugar: 1.63g (1.81%), Cholesterol: 122.76mg (40.92%), Sodium: 779.5mg (33.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.05g (24.11%), Vitamin A: 3778.32IU (75.57%), Manganese: 1.02mg (51.24%), Selenium: 22.49µg (32.13%), Vitamin K: 25.71µg (24.49%), Phosphorus: 195.65mg (19.57%), Fiber: 4.07g (16.3%), Vitamin B6: 0.33mg (16.27%), Vitamin B2: 0.25mg (14.91%), Vitamin B5: 1.31mg (13.1%), Folate: 48.14µg (12.04%), Magnesium: 46.71mg (11.68%), Vitamin C: 9.59mg (11.63%), Copper: 0.22mg (11.2%), Zinc: 1.61mg (10.73%), Vitamin E: 1.56mg (10.4%), Iron: 1.86mg (10.32%), Vitamin B1: 0.15mg (10.03%), Vitamin B3: 1.94mg (9.68%), Potassium: 315.34mg (9.01%), Calcium: 61.26mg (6.13%), Vitamin B12: 0.29µg (4.89%), Vitamin D: 0.66µg (4.4%)