



Chinese Chicken Fried Rice I



Gluten Free



Dairy Free



Popular

READY IN



40 min.

SERVINGS



8

CALORIES



354 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 large carrots diced
- ☐ 2 stalks celery chopped
- ☐ 1.5 pounds chicken meat cubed cooked
- ☐ 6 cups rice white cooked
- ☐ 2 eggs
- ☐ 0.5 large bell pepper diced green
- ☐ 1 onion
- ☐ 0.8 cup pea pods fresh halved

- ☐ 1 large bell pepper diced red
- ☐ 0.5 tablespoon sesame oil
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons soya sauce

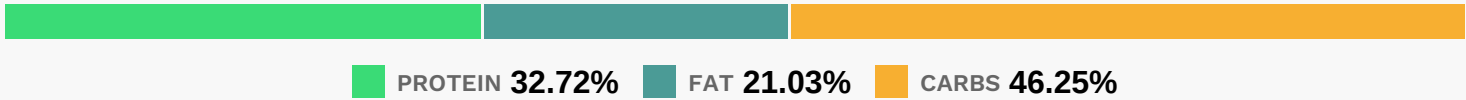
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large skillet over medium heat.
- ☐ Add onion and saute until soft, then add chicken and 2 tablespoons soy sauce and stir-fry for 5 to 6 minutes.
- ☐ Stir in carrots, celery, red bell pepper, pea pods and green bell pepper and stir-fry another 5 minutes. Then add rice and stir thoroughly.
- ☐ Finally, stir in scrambled eggs and 1/3 cup soy sauce, heat through and serve hot.

Nutrition Facts



Properties

Glycemic Index:35.85, Glycemic Load:37.16, Inflammation Score:-10, Nutrition Score:20.329130120899%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 353.56kcal (17.68%), Fat: 8.08g (12.43%), Saturated Fat: 2.14g (13.36%), Carbohydrates: 39.96g (13.32%), Net Carbohydrates: 37.63g (13.68%), Sugar: 3.39g (3.76%), Cholesterol: 104.71mg (34.9%), Sodium: 894.41mg (38.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.27g (56.54%), Vitamin A: 3926.17IU (78.52%), Vitamin C: 42.38mg (51.37%), Selenium: 33.51µg (47.87%), Vitamin B3: 8.27mg (41.37%), Manganese: 0.76mg

(37.96%), Vitamin B6: 0.65mg (32.6%), Phosphorus: 279.38mg (27.94%), Vitamin B5: 1.75mg (17.45%), Vitamin B2: 0.26mg (15.28%), Zinc: 2.25mg (14.97%), Potassium: 464.69mg (13.28%), Magnesium: 49.39mg (12.35%), Iron: 2.21mg (12.29%), Folate: 39.47µg (9.87%), Copper: 0.19mg (9.59%), Vitamin B1: 0.14mg (9.35%), Fiber: 2.33g (9.31%), Vitamin K: 9.57µg (9.12%), Vitamin B12: 0.34µg (5.74%), Calcium: 50.56mg (5.06%), Vitamin E: 0.72mg (4.81%), Vitamin D: 0.22µg (1.47%)