



Chinese Sausage Fried Rice



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



268 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 mushroom caps dried
- ☐ 2 eggs lightly beaten
- ☐ 3 cloves garlic sliced
- ☐ 4 green onions chopped
- ☐ 0.5 pound ground chicken
- ☐ 2 links lop chong sausage) chinese-style thinly sliced
- ☐ 1 teaspoon sesame oil
- ☐ 1 tablespoon soya sauce

- ☐ 1 tablespoon soya sauce dark
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup water hot
- ☐ 1 pinch pepper white
- ☐ 2 cups rice white uncooked

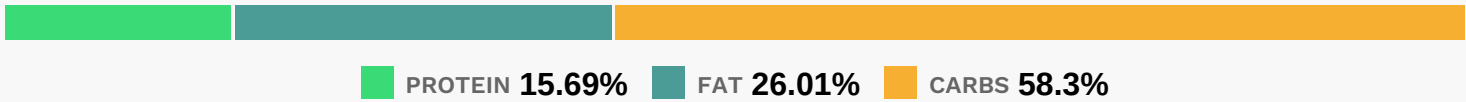
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring the rice and 4 cups of water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. Wash and soak the shittake mushrooms in 1 cup of hot water until softened, about 10 minutes. Slice the mushrooms and set aside, reserving liquid. Season the ground chicken with the soy sauce, sesame oil, and white pepper.
- ☐ Heat the vegetable oil in a skillet over medium heat. Stir in the garlic and cook until fragrant. Toss in the ground chicken, mushroom, and sausages. Cook and stir until the chicken is crumbly, evenly browned, and no longer pink. Stir in the reserved mushroom liquid, dark soy sauce, green onions, and rice. Cook and stir until the rice is evenly coated with the sauce.
- ☐ Pour the eggs over the rice, stirring until the egg are no longer runny.

Nutrition Facts



Properties

Glycemic Index:22.65, Glycemic Load:22.48, Inflammation Score:-2, Nutrition Score:8.3191304725149%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 268.17kcal (13.41%), Fat: 7.64g (11.76%), Saturated Fat: 1.7g (10.6%), Carbohydrates: 38.52g (12.84%), Net Carbohydrates: 37.64g (13.69%), Sugar: 0.33g (0.37%), Cholesterol: 65.48mg (21.83%), Sodium: 290.6mg (12.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.74%), Manganese: 0.57mg (28.43%), Selenium: 13.72µg (19.59%), Vitamin K: 19.07µg (18.16%), Phosphorus: 137.07mg (13.71%), Vitamin B6: 0.27mg (13.6%), Vitamin B3: 2.63mg (13.14%), Vitamin B5: 1.09mg (10.86%), Vitamin B2: 0.16mg (9.46%), Copper: 0.17mg (8.67%), Zinc: 1.17mg (7.77%), Potassium: 255.27mg (7.29%), Magnesium: 23.13mg (5.78%), Iron: 1.03mg (5.7%), Vitamin B1: 0.08mg (5.2%), Vitamin B12: 0.26µg (4.31%), Vitamin E: 0.56mg (3.75%), Folate: 14.66µg (3.66%), Fiber: 0.88g (3.52%), Calcium: 29.1mg (2.91%), Vitamin A: 119.51IU (2.39%), Vitamin C: 1.5mg (1.82%), Vitamin D: 0.24µg (1.62%)