

## Classic Fried Rice

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



526 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 6 strips bacon cut into 1/2 inch pieces
- 4 cups rice cold cooked
- 4 cups rice cold cooked
- 4 cups rice cold cooked
- 1 eggs beaten
- 1 tablespoon garlic minced
- 8 spring onion sliced
- 3 tablespoons soya sauce

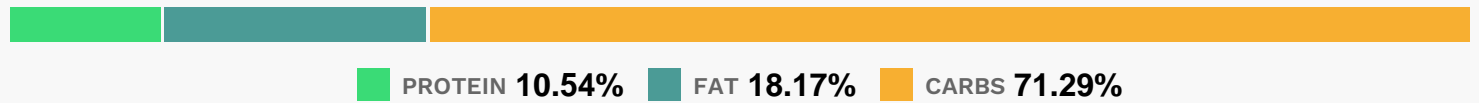
# Equipment

frying pan

# Directions

Cook bacon in a large skillet over medium heat until crisp. Move bacon to the side of the pan; add egg and scramble. Move egg over and add green onions to the skillet; saute for about a minute. Stir in the rice, add garlic and soy sauce. Toss until mixture is well blended and heated through.

# Nutrition Facts



# Properties

Glycemic Index:67.33, Glycemic Load:96.08, Inflammation Score:-3, Nutrition Score:14.221739333609%

# Flavonoids

Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

# Nutrients (% of daily need)

Calories: 525.53kcal (26.28%), Fat: 10.36g (15.94%), Saturated Fat: 3.41g (21.28%), Carbohydrates: 91.47g (30.49%), Net Carbohydrates: 89.69g (32.61%), Sugar: 0.72g (0.8%), Cholesterol: 41.8mg (13.93%), Sodium: 664.74mg (28.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.52g (27.05%), Manganese: 1.59mg (79.44%), Selenium: 30.73µg (43.9%), Vitamin K: 33.16µg (31.59%), Vitamin B6: 0.41mg (20.46%), Phosphorus: 201.74mg (20.17%), Vitamin B5: 1.52mg (15.21%), Zinc: 2.02mg (13.46%), Copper: 0.26mg (13.1%), Vitamin B3: 2.6mg (13.02%), Magnesium: 48.57mg (12.14%), Vitamin B1: 0.14mg (9.58%), Iron: 1.32mg (7.36%), Fiber: 1.78g (7.12%), Vitamin B2: 0.12mg (7.08%), Potassium: 232.87mg (6.65%), Folate: 24.83µg (6.21%), Calcium: 52.54mg (5.25%), Vitamin C: 3.42mg (4.15%), Vitamin A: 207.38IU (4.15%), Vitamin B12: 0.18µg (2.92%), Vitamin E: 0.39mg (2.58%), Vitamin D: 0.23µg (1.56%)