



Combination Fried Rice



Gluten Free



Dairy Free

READY IN



26 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup bell pepper diced
- ☐ 1 teaspoon sriracha
- ☐ 3 cups rice cooked
- ☐ 2 large eggs lightly beaten
- ☐ 4 servings spring onion sliced
- ☐ 1 cup goat meat cooked chopped
- ☐ 0.5 cup onion diced
- ☐ 0.5 cup peas frozen english

- ☐ 0.3 cup soya sauce
- ☐ 3 tablespoons vegetable oil divided

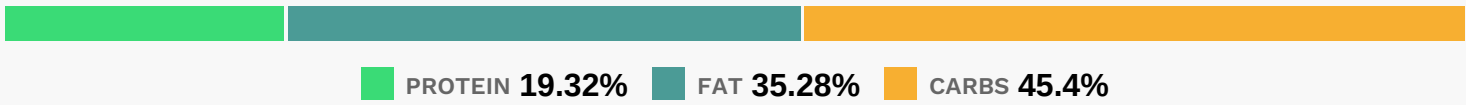
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat 1 Tbsp. oil in a large skillet or wok over medium-high heat 1 to 2 minutes; add eggs, and gently stir 1 minute or until softly scrambled.
- ☐ Remove eggs from skillet; chop.
- ☐ Heat remaining 2 Tbsp. oil in skillet; add onion and bell pepper, and stir-fry 3 minutes.
- ☐ Add chopped cooked meat and peas; stir-fry 2 minutes.
- ☐ Add rice, soy sauce, and chili-garlic sauce; stir-fry 5 minutes or until thoroughly heated. Stir in eggs.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:64.83, Glycemic Load:37.41, Inflammation Score:-7, Nutrition Score:16.923478292382%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg, Quercetin: 4.74mg

Nutrients (% of daily need)

Calories: 362.31kcal (18.12%), Fat: 14.05g (21.62%), Saturated Fat: 2.68g (16.74%), Carbohydrates: 40.7g (13.57%), Net Carbohydrates: 38.14g (13.87%), Sugar: 3.41g (3.79%), Cholesterol: 117mg (39%), Sodium: 954.98mg (41.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.32g (34.64%), Selenium: 29.16µg (41.66%), Vitamin C: 34.15mg (41.39%), Manganese: 0.77mg (38.74%), Vitamin K: 36.82µg (35.06%), Vitamin B6: 0.58mg (28.75%),

Vitamin B3: 5.59mg (27.96%), Phosphorus: 230.49mg (23.05%), Vitamin A: 928.28IU (18.57%), Vitamin B5: 1.54mg (15.41%), Vitamin B2: 0.24mg (14.07%), Folate: 47.4µg (11.85%), Magnesium: 44.19mg (11.05%), Potassium: 374.75mg (10.71%), Vitamin E: 1.57mg (10.47%), Fiber: 2.56g (10.24%), Zinc: 1.51mg (10.08%), Vitamin B1: 0.14mg (9.13%), Iron: 1.64mg (9.1%), Copper: 0.18mg (8.87%), Vitamin B12: 0.3µg (4.96%), Calcium: 45.38mg (4.54%), Vitamin D: 0.54µg (3.58%)