



Crispy Pork Fried Rice



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



301 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup freshly cilantro leaves chopped
- ☐ 2 eggs lightly beaten
- ☐ 2 teaspoons ginger fresh minced
- ☐ 3 cloves garlic minced
- ☐ 0.3 cup soya sauce reduced-sodium
- ☐ 0.5 cup onion chopped
- ☐ 1.5 tablespoons vegetable oil; peanut oil preferred divided
- ☐ 2 cups pork chops diced cooked

- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 teaspoons sesame oil
- ☐ 1 cup according to package directions instant cooked

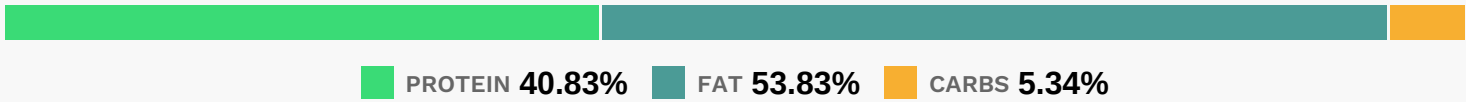
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1/2 tablespoon of the peanut oil in a large skillet over medium-high heat.
- ☐ Add eggs and tilt pan to coat the surface. Cook eggs in an even layer until cooked through, flipping halfway through cooking (about 2 minutes per side).
- ☐ Remove eggs, dice into small pieces and set aside.
- ☐ To the same pan, heat remaining peanut oil.
- ☐ Add onion, garlic and ginger and cook 2 minutes.
- ☐ Add diced pork and cook 3 minutes, until golden brown.
- ☐ Add rice, soy sauce and sesame oil and cook 2 minutes to heat through. Season, to taste, with salt and black pepper.
- ☐ Remove from heat and stir in cilantro.
- ☐ Transfer to a serving plate and top with chopped eggs.

Nutrition Facts



Properties

Glycemic Index:34, Glycemic Load:0.66, Inflammation Score:-4, Nutrition Score:17.519999804704%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg, Quercetin: 4.63mg

Nutrients (% of daily need)

Calories: 300.62kcal (15.03%), Fat: 17.65g (27.15%), Saturated Fat: 4.78g (29.86%), Carbohydrates: 3.94g (1.31%), Net Carbohydrates: 3.37g (1.22%), Sugar: 1.06g (1.18%), Cholesterol: 161.1mg (53.7%), Sodium: 663.56mg (28.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.12g (60.24%), Selenium: 46.43µg (66.33%), Vitamin B1: 0.82mg (54.59%), Vitamin B6: 0.98mg (48.85%), Vitamin B3: 9.71mg (48.53%), Phosphorus: 347.58mg (34.76%), Vitamin B2: 0.37mg (21.63%), Potassium: 576.61mg (16.47%), Zinc: 2.31mg (15.42%), Vitamin B12: 0.82µg (13.71%), Vitamin B5: 1.3mg (12.95%), Magnesium: 47.82mg (11.95%), Vitamin E: 1.34mg (8.91%), Manganese: 0.16mg (8.24%), Iron: 1.31mg (7.26%), Vitamin D: 0.91µg (6.09%), Copper: 0.11mg (5.51%), Folate: 21.97µg (5.49%), Vitamin A: 192.16IU (3.84%), Vitamin K: 3.76µg (3.58%), Calcium: 35.33mg (3.53%), Vitamin C: 2.5mg (3.03%), Fiber: 0.57g (2.29%)