



HEALTH SCORE

60%

Easy Pork Fried Rice



Gluten Free



Dairy Free



Very Healthy

READY IN

**20 min.**

SERVINGS

**4**

CALORIES

**1010 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup spring onion sliced
- ☐ 1 clove garlic finely chopped
- ☐ 1.5 cups water
- ☐ 0.5 cup barbecue sauce
- ☐ 1 tablespoon soya sauce
- ☐ 1 cup savory vegetable mixed frozen
- ☐ 2 cups rice instant uncooked

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1 pork tenderloin cubed cooked

Equipment

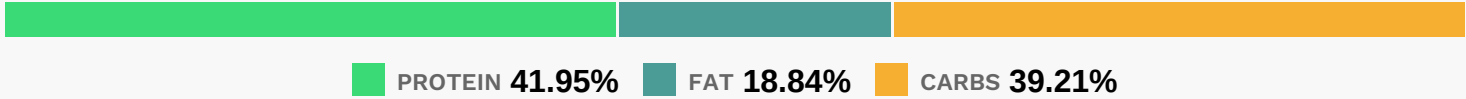
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frying pan

Directions

- ☐
- Heat oil in 10-inch skillet over medium-high heat. Cook onions and garlic in oil about 2 minutes, stirring occasionally, until onions are crisp-tender.
- ☐
- Stir in water, barbecue sauce, soy sauce and vegetables.
- ☐
- Heat to boiling; remove from heat. Stir in rice and pork. Cover and let stand about 5 minutes or until liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:45.8, Glycemic Load:46.74, Inflammation Score:-9, Nutrition Score:49.102174012557%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 1010.31kcal (50.52%), Fat: 20.51g (31.56%), Saturated Fat: 6.11g (38.17%), Carbohydrates: 96.08g (32.03%), Net Carbohydrates: 92.36g (33.59%), Sugar: 12.36g (13.73%), Cholesterol: 294.77mg (98.26%), Sodium: 887.99mg (38.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 102.8g (205.6%), Vitamin B1: 4.59mg (306.19%), Selenium: 152.24µg (217.49%), Vitamin B6: 3.72mg (185.87%), Vitamin B3: 32.49mg (162.44%), Phosphorus: 1254mg (125.4%), Vitamin B2: 1.65mg (97.06%), Zinc: 9.84mg (65.6%), Manganese: 1.28mg (64.05%), Potassium: 2115.08mg (60.43%), Vitamin A: 2524.33IU (50.49%), Vitamin B5: 4.9mg (48.97%), Magnesium: 166.51mg (41.63%), Vitamin B12: 2.36µg (39.3%), Copper: 0.71mg (35.4%), Iron: 6.11mg (33.92%), Vitamin K: 32.88µg (31.31%), Fiber: 3.72g (14.88%), Vitamin E: 1.73mg (11.55%), Vitamin C: 7.53mg (9.13%), Vitamin D: 1.36µg (9.07%), Calcium: 90.2mg (9.02%), Folate: 30.14µg (7.54%)