



Egg Fried Rice



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



321 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 large eggs lightly beaten
- 1 tablespoon vegetable oil; peanut oil preferred
- 0.8 teaspoon salt
- 0.5 cup spring onion thinly sliced (3 to 4 scallions)
- 1 teaspoons sesame oil
- 4 cups rice unsalted white cold steamed

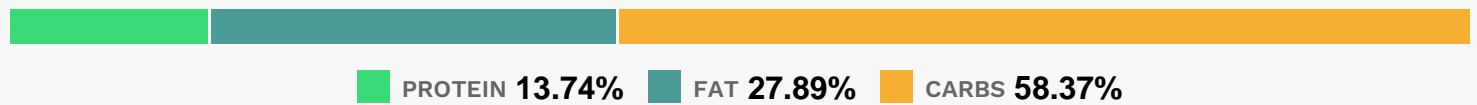
Equipment

- wok

Directions

- Heat wok over high heat until a drop of water vaporizes instantly upon contact.
- Add peanut oil, swirling to coat wok evenly, and heat until hot and just smoking.
- Add eggs, tilting wok and swirling eggs to form a thin even layer on cooking surface, and cook 30 seconds, then add rice and salt and stir-fry, breaking up eggs and letting rice rest several seconds between stirs, until rice is hot, 2 to 3 minutes.
- Add scallion greens and sesame oil (to taste) and stir-fry until combined well.

Nutrition Facts



Properties

Glycemic Index:35.25, Glycemic Load:48.02, Inflammation Score:-3, Nutrition Score:11.159565334735%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 320.68kcal (16.03%), Fat: 9.72g (14.96%), Saturated Fat: 2.42g (15.15%), Carbohydrates: 45.79g (15.26%), Net Carbohydrates: 44.83g (16.3%), Sugar: 0.56g (0.62%), Cholesterol: 186mg (62%), Sodium: 510.61mg (22.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.78g (21.56%), Manganese: 0.78mg (39.04%), Selenium: 27.28µg (38.97%), Vitamin K: 26.19µg (24.94%), Phosphorus: 171.57mg (17.16%), Vitamin B2: 0.26mg (15.24%), Vitamin B5: 1.39mg (13.92%), Vitamin B6: 0.24mg (11.98%), Zinc: 1.47mg (9.8%), Folate: 36.24µg (9.06%), Vitamin E: 1.22mg (8.14%), Vitamin A: 394.63IU (7.89%), Copper: 0.16mg (7.79%), Iron: 1.38mg (7.67%), Vitamin B12: 0.44µg (7.42%), Magnesium: 27.47mg (6.87%), Vitamin D: 1µg (6.67%), Calcium: 53.07mg (5.31%), Potassium: 158.89mg (4.54%), Vitamin B1: 0.06mg (3.9%), Fiber: 0.96g (3.83%), Vitamin B3: 0.74mg (3.68%), Vitamin C: 2.35mg (2.85%)