



Egg Fried Rice



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



560 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 180 g rice
- ☐ 2 eggs
- ☐ 2 servings oil for cooking
- ☐ 80 g garden peas
- ☐ 2 tbsp soya sauce gluten free (such as wheat-free tamari)
- ☐ 1 spring onion

Equipment

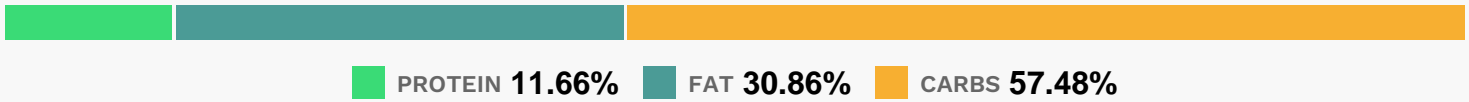
- ☐ bowl

- ☐ frying pan
- ☐ wok

Directions

- ☐ Boil the rice until it is cooked, but not too soft. Allow to completely cool.Chop the spring onion very, very thinly and quickly boil the peas.
- ☐ Add oil to a hot wok, beat the eggs and add to the pan. Stir them frequently until the egg starts to come together.
- ☐ Add the onion, peas and 1 tbsp of Gluten Free Soy Sauce. Fry until the egg is cooked.Bring the heat up and stir in the rice and remaining Gluten Free Soy Sauce. Cook until the rice has been heated through and serve in heated bowls.

Nutrition Facts



Properties

Glycemic Index:76.26, Glycemic Load:45.07, Inflammation Score:-6, Nutrition Score:17.856956523398%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 560.3kcal (28.01%), Fat: 18.97g (29.18%), Saturated Fat: 2.6g (16.26%), Carbohydrates: 79.47g (26.49%), Net Carbohydrates: 75.72g (27.54%), Sugar: 2.98g (3.32%), Cholesterol: 163.68mg (54.56%), Sodium: 1075.42mg (46.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.13g (32.26%), Manganese: 1.25mg (62.75%), Selenium: 28µg (40%), Vitamin K: 32.54µg (30.99%), Phosphorus: 259.44mg (25.94%), Vitamin C: 17.13mg (20.76%), Vitamin E: 3.1mg (20.64%), Vitamin B2: 0.33mg (19.42%), Vitamin B5: 1.7mg (17.01%), Vitamin B6: 0.33mg (16.48%), Copper: 0.33mg (16.47%), Vitamin B3: 3.05mg (15.26%), Folate: 60.96µg (15.24%), Fiber: 3.75g (15%), Iron: 2.6mg (14.42%), Zinc: 2.15mg (14.3%), Vitamin B1: 0.2mg (13.39%), Magnesium: 49.38mg (12.35%), Vitamin A: 603.42IU (12.07%), Potassium: 316.54mg (9.04%), Calcium: 67.76mg (6.78%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)