



Fast-fix fried rice



Gluten Free



Dairy Free

READY IN



12 min.

SERVINGS



2

CALORIES



440 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tsp oil
- ☐ 1 eggs beaten
- ☐ 2 rashers bacon chopped
- ☐ 175 g mushrooms sliced
- ☐ 200 g peas frozen
- ☐ 1 garlic clove crushed
- ☐ 1 small knob root ginger fresh grated
- ☐ 2 tsp soya sauce dark

- ☐ 1 tsp sugar
- ☐ 250 g rice cooked

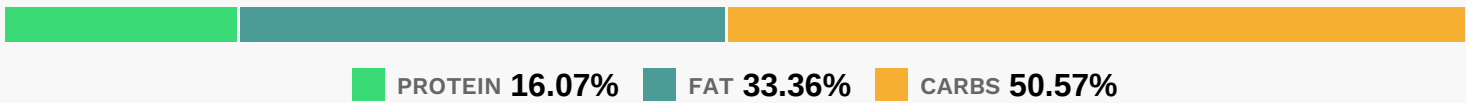
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a frying pan, then tip in the egg. Leave to set for 30 secs–1 min, swirling every now and again, then tip it out and finely slice.
- ☐ Add bacon and mushrooms to pan, then fry until golden, about 3 mins.
- ☐ Add peas, garlic and ginger, then cook for 1 min.
- ☐ Mix the soy sauce and sugar together. Turn up the heat, add the cooked rice to the pan, heat through, then splash in the sweet soy sauce. Stir through the egg and serve straight away, with more soy sauce if you like.

Nutrition Facts



Properties

Glycemic Index:157.71, Glycemic Load:43.99, Inflammation Score:-7, Nutrition Score:24.057826166568%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 440.05kcal (22%), Fat: 16.4g (25.22%), Saturated Fat: 4.16g (25.99%), Carbohydrates: 55.92g (18.64%), Net Carbohydrates: 48.75g (17.73%), Sugar: 9.77g (10.85%), Cholesterol: 96.36mg (32.12%), Sodium: 523.01mg (22.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.77g (35.54%), Manganese: 1.11mg (55.3%), Vitamin C: 42.33mg (51.31%), Selenium: 30.77µg (43.95%), Vitamin B2: 0.63mg (37.04%), Vitamin B3: 6.9mg (34.51%), Phosphorus: 322.51mg (32.25%), Vitamin B1: 0.44mg (29.2%), Copper: 0.58mg (28.97%), Fiber: 7.16g (28.66%), Vitamin K: 28.1µg (26.76%), Vitamin B6: 0.5mg (25.18%), Vitamin B5: 2.39mg (23.93%), Folate: 95.14µg (23.79%), Zinc: 2.9mg (19.31%), Potassium: 660.77mg (18.88%), Vitamin A: 892.08IU (17.84%), Magnesium: 64.14mg (16.04%), Iron: 2.81mg (15.58%), Vitamin E: 1.3mg (8.7%), Calcium: 57.56mg (5.76%), Vitamin B12: 0.34µg (5.68%), Vitamin D:

0.7µg (4.69%)