



## Fast Fried Rice Bowl

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



1

CALORIES



350 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 Tbsp balsamic vinaigrette dressing kraft
- 1 eggs
- 0.5 cup vegetables mixed frozen
- 0.5 cup rice white instant uncooked
- 1 Tbsp soya sauce
- 0.5 cup water

### Equipment

- bowl

plastic wrap

microwave

## Directions

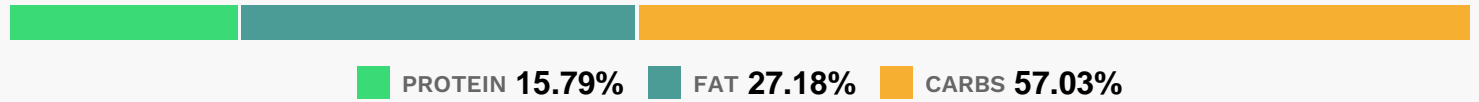
Mix rice, vegetables, water and egg in large microwaveable bowl; cover with vented plastic wrap.

Microwave on HIGH 5 min.

Let stand, covered, 5 min. Fluff with fork.

Add dressing and soy sauce; mix lightly.

## Nutrition Facts



## Properties

Glycemic Index:60, Glycemic Load:4, Inflammation Score:-10, Nutrition Score:20.178260799983%

## Nutrients (% of daily need)

Calories: 350.36kcal (17.52%), Fat: 10.58g (16.28%), Saturated Fat: 2.03g (12.71%), Carbohydrates: 49.96g (16.65%), Net Carbohydrates: 45.36g (16.5%), Sugar: 0.99g (1.1%), Cholesterol: 163.68mg (54.56%), Sodium: 1255.94mg (54.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.83g (27.66%), Vitamin A: 4858.58IU (97.17%), Selenium: 30.01µg (42.87%), Folate: 168.56µg (42.14%), Manganese: 0.75mg (37.39%), Vitamin B1: 0.54mg (35.83%), Iron: 4.77mg (26.51%), Vitamin B3: 4.9mg (24.48%), Phosphorus: 214.95mg (21.5%), Vitamin B2: 0.32mg (18.7%), Fiber: 4.6g (18.4%), Vitamin B6: 0.25mg (12.53%), Copper: 0.24mg (11.78%), Vitamin C: 9.46mg (11.47%), Zinc: 1.68mg (11.21%), Vitamin B5: 1.08mg (10.76%), Magnesium: 41.52mg (10.38%), Potassium: 303.41mg (8.67%), Calcium: 65.5mg (6.55%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%), Vitamin E: 0.48mg (3.19%)