



Fried Rice

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



180 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup no-salt-added beef broth undiluted canned
- 1.5 teaspoons parsley fresh chopped
- 1 tablespoon green onions chopped
- 1 teaspoon soya sauce low-sodium
- 0.3 cup rice long-grain uncooked
- 0.1 teaspoon salt
- 0.5 teaspoon sesame oil

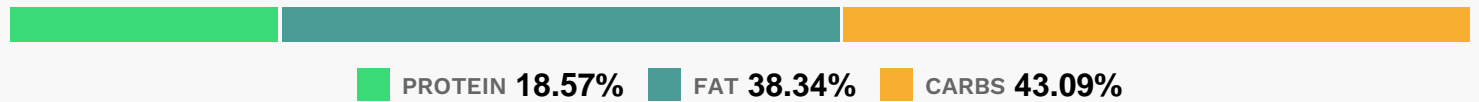
Equipment

frying pan

Directions

- Coat a small nonstick skillet with cooking spray; add oil.
- Place over medium-high heat until hot.
- Add rice; saute 4 to 5 minutes or until rice is golden.
- Add beef broth and salt; bring to boil. Cover, reduce heat, and simmer 20 minutes.
- Remove from heat; stir in green onions, parsley, and soy sauce. Cover and let stand 5 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:62.59, Glycemic Load:11.17, Inflammation Score:-1, Nutrition Score:6.0086956464726%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 179.56kcal (8.98%), Fat: 7.48g (11.51%), Saturated Fat: 2.19g (13.69%), Carbohydrates: 18.91g (6.3%), Net Carbohydrates: 18.51g (6.73%), Sugar: 0.11g (0.12%), Cholesterol: 22.88mg (7.63%), Sodium: 752.72mg (32.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.31%), Selenium: 11.57µg (16.53%), Vitamin C: 12.1mg (14.67%), Manganese: 0.28mg (13.8%), Vitamin B12: 0.75µg (12.57%), Zinc: 1.49mg (9.95%), Vitamin B3: 1.97mg (9.83%), Vitamin B6: 0.17mg (8.34%), Phosphorus: 81.48mg (8.15%), Vitamin K: 7.6µg (7.24%), Iron: 0.99mg (5.47%), Vitamin B2: 0.09mg (5.08%), Copper: 0.1mg (5.07%), Vitamin B5: 0.49mg (4.87%), Potassium: 169.97mg (4.86%), Magnesium: 14.08mg (3.52%), Vitamin B1: 0.04mg (2.47%), Folate: 7.1µg (1.78%), Fiber: 0.4g (1.59%), Calcium: 12.54mg (1.25%)