



WHAT'SheATE



Fried Rice 101



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



363 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup bell pepper diced
- ☐ 1 teaspoon chili-garlic sauce
- ☐ 3 cups rice cooked
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup goat meat cooked chopped
- ☐ 3 tablespoons oil divided
- ☐ 0.5 cup onion diced
- ☐ 0.5 cup peas sweet green frozen

☐ 0.3 cup soya sauce

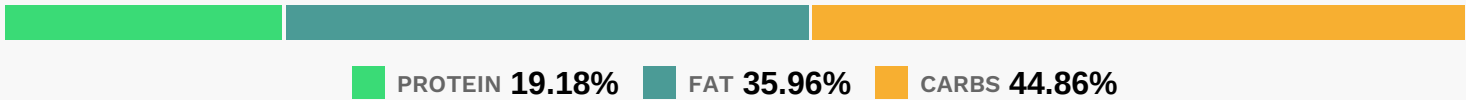
Equipment

☐ frying pan

Directions

- ☐ Heat 1 tablespoon oil in a large skillet over medium-high heat; add eggs, and gently stir 1 minute or until softly scrambled. Rremove eggs from skillet; chop and set aside.
- ☐ Heat 2 tablespoons oil in skillet; add onion and bell pepper, and stir-fry 3 minutes.
- ☐ Add chopped cooked meat, poultry, or shrimp and peas; stir-fry 2 minutes.
- ☐ Add rice, soy sauce, and chili-garlic sauce; stir-fry 3 to 4 minutes or until thoroughly heated. Stir in scrambled eggs; sprinkle with green onions and almonds, if desired.

Nutrition Facts



Properties

Glycemic Index:56.83, Glycemic Load:37.32, Inflammation Score:-7, Nutrition Score:15.879999886388%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 363.04kcal (18.15%), Fat: 14.34g (22.07%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 40.26g (13.42%), Net Carbohydrates: 37.85g (13.77%), Sugar: 3.27g (3.64%), Cholesterol: 117mg (39%), Sodium: 954.02mg (41.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.21g (34.42%), Selenium: 29.12µg (41.6%), Vitamin C: 33.02mg (40.02%), Manganese: 0.77mg (38.26%), Vitamin B6: 0.57mg (28.57%), Vitamin B3: 5.56mg (27.81%), Phosphorus: 228.27mg (22.83%), Vitamin A: 868.46IU (17.37%), Vitamin E: 2.54mg (16.94%), Vitamin B5: 1.54mg (15.37%), Vitamin B2: 0.23mg (13.79%), Vitamin K: 13.12µg (12.5%), Folate: 43.56µg (10.89%), Magnesium: 42.99mg (10.75%), Potassium: 358.19mg (10.23%), Zinc: 1.49mg (9.92%), Fiber: 2.4g (9.62%), Vitamin B1: 0.13mg (8.91%), Copper: 0.17mg (8.62%), Iron: 1.55mg (8.59%), Vitamin B12: 0.3µg (4.96%), Calcium: 41.06mg (4.11%), Vitamin D: 0.54µg (3.58%)