



Fried Rice

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

READY IN



285 min.

SERVINGS



6

CALORIES



542 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

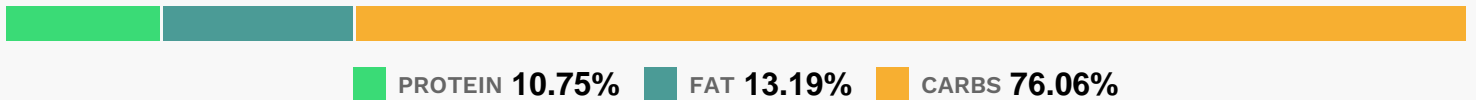
Ingredients

- 1.5 cups chicken mixed dark light raw boneless skinless (, or ,)
- 4 cups rice cold cooked ()
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- 3 tablespoons cornstarch
- 1 eggs
- 1 tablespoon ginger fresh minced fine
- 2 teaspoons garlic powder minced

- 6 servings garlic powder
- 2 spring onion chopped
- 0.1 cup soy sauce light
- 0.5 cup vegetable oil; peanut oil preferred
- 1 teaspoon onion powder fresh chopped
- 0.5 cup peas frozen
- 6 servings salt
- 6 servings salt and pepper
- 0.5 teaspoon sesame oil
- 3 tablespoons cooking sherry
- 6 servings pepper white

Equipment

Nutrition Facts



Properties

Glycemic Index:76.39, Glycemic Load:96.4, Inflammation Score:-3, Nutrition Score:14.570869565217%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 541.8kcal (27.09%), Fat: 7.7g (11.85%), Saturated Fat: 1.75g (10.93%), Carbohydrates: 99.97g (33.32%), Net Carbohydrates: 96.88g (35.23%), Sugar: 1.26g (1.4%), Cholesterol: 37.45mg (12.48%), Sodium: 685.51mg (29.8%), Alcohol: 0.77g (4.29%), Protein: 14.12g (28.25%), Manganese: 1.72mg (86.01%), Selenium: 29.38µg (41.97%), Vitamin B6: 0.46mg (23.13%), Phosphorus: 214.57mg (21.46%), Vitamin B5: 1.54mg (15.4%), Copper: 0.31mg (15.38%), Zinc: 2.18mg (14.53%), Magnesium: 54.87mg (13.72%), Vitamin B3: 2.71mg (13.55%), Fiber: 3.09g (12.36%), Vitamin K: 11.63µg (11.08%), Iron: 1.81mg (10.05%), Vitamin B1: 0.13mg (8.77%), Vitamin C: 6.41mg (7.77%), Vitamin B2: 0.13mg

(7.49%), Potassium: 259.95mg (7.43%), Folate: 27.52µg (6.88%), Vitamin E: 0.88mg (5.88%), Calcium: 54.99mg (5.5%), Vitamin A: 190.9IU (3.82%), Vitamin B12: 0.11µg (1.79%), Vitamin D: 0.17µg (1.16%)