



Fried Rice



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



530 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups brown rice white cold cooked
- ☐ 3 tablespoons canola oil
- ☐ 2 eggs beaten
- ☐ 1 cup peas-carrots mix shopping list frozen leftover thawed (plus any vegetables you have on hand)
- ☐ 1 cup fatty pork diced leftover
- ☐ 4 servings salt and pepper to taste
- ☐ 1 bunch spring onion roughly chopped
- ☐ 4 tablespoons soya sauce

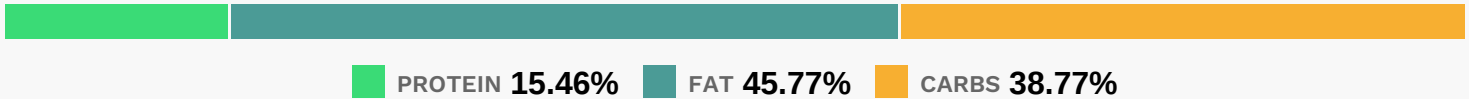
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ In a large skillet or wok, heat 1 tablespoon of the oil over medium-high heat.
- ☐ Add the eggs and scallions. Cook, breaking up the eggs with a spoon until they are lightly browned.
- ☐ Stir in the meat, vegetables, rice, and the remaining oil. Increase heat slightly and cook until the rice is crispy, about 5 minutes.
- ☐ In a small bowl, combine the soy sauce with 4 tablespoons of water.
- ☐ Pour the mixture over the rice.
- ☐ Continue cooking, stirring occasionally, until the rice has absorbed all the liquid, 3 to 5 minutes. 6 Season with the salt and pepper and serve, with extra soy sauce on the side.

Nutrition Facts



Properties

Glycemic Index:24.8, Glycemic Load:22.32, Inflammation Score:-10, Nutrition Score:24.48130440712%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 529.51kcal (26.48%), Fat: 26.94g (41.44%), Saturated Fat: 6.47g (40.45%), Carbohydrates: 51.35g (17.12%), Net Carbohydrates: 46.35g (16.85%), Sugar: 0.53g (0.59%), Cholesterol: 124.43mg (41.48%), Sodium: 1294.19mg (56.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.47g (40.94%), Manganese: 2.33mg (116.67%), Vitamin A: 3506.71IU (70.13%), Vitamin B1: 0.72mg (48.07%), Phosphorus: 343.84mg (34.38%), Vitamin B3: 6.41mg (32.06%), Vitamin B6: 0.63mg (31.47%), Selenium: 21.9µg (31.29%), Magnesium: 114.38mg (28.6%), Zinc: 3.08mg (20.52%), Fiber: 5g (20%), Vitamin B2: 0.32mg (19.03%), Vitamin K: 19.97µg (19.02%), Vitamin B5: 1.64mg (16.39%),

Iron: 2.84mg (15.77%), Vitamin E: 2.1mg (14.01%), Potassium: 476.82mg (13.62%), Copper: 0.26mg (13.05%), Folate: 40.78µg (10.19%), Vitamin B12: 0.61µg (10.16%), Vitamin C: 5.46mg (6.62%), Calcium: 57.59mg (5.76%), Vitamin D: 0.44µg (2.93%)