

Fried Rice II



Gluten Free



Dairy Free

READY IN



750 min.

SERVINGS



8

CALORIES



240 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup bean sprouts
- ☐ 2 cubes chicken bouillon
- ☐ 3 eggs beaten
- ☐ 2 cups rice instant uncooked
- ☐ 1 cup onions chopped
- ☐ 1 cup snow peas
- ☐ 2 teaspoons soya sauce to taste
- ☐ 2 tablespoons vegetable oil

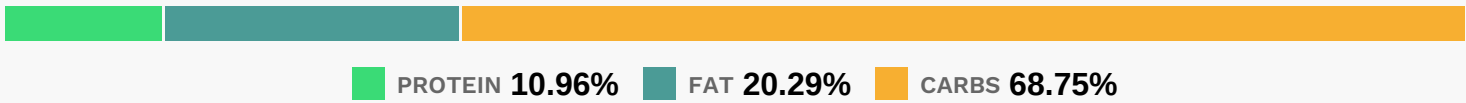
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wok

Directions

- ☐ In a saucepan bring 4 cups of water to a boil.
- ☐ Add chicken bouillon and rice, and stir. Cover, remove from heat and let stand 5 minutes, or until liquid is absorbed. Refrigerate overnight.
- ☐ To the rice add snow peas, onions and bean sprouts.
- ☐ In a small skillet over medium heat, scramble the eggs; add to rice mixture.
- ☐ Heat oil in a large skillet or wok over medium heat. Fry the rice mixture with soy sauce until liquid evaporates; be careful not to fry until crisp.

Nutrition Facts



Properties

Glycemic Index:12.9, Glycemic Load:22.68, Inflammation Score:-3, Nutrition Score:7.733043546262%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

Nutrients (% of daily need)

Calories: 240.42kcal (12.02%), Fat: 5.34g (8.22%), Saturated Fat: 1.14g (7.11%), Carbohydrates: 40.74g (13.58%), Net Carbohydrates: 39.24g (14.27%), Sugar: 2.02g (2.24%), Cholesterol: 61.38mg (20.46%), Sodium: 112.61mg (4.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.49g (12.99%), Manganese: 0.6mg (29.77%), Selenium: 12.33µg (17.61%), Vitamin K: 13.78µg (13.12%), Vitamin C: 10.55mg (12.78%), Phosphorus: 107.13mg (10.71%), Vitamin B5: 0.89mg (8.93%), Vitamin B6: 0.16mg (8.1%), Vitamin B2: 0.13mg (7.75%), Copper: 0.15mg (7.72%), Folate: 28.6µg (7.15%), Iron: 1.11mg (6.17%), Fiber: 1.51g (6.02%), Zinc: 0.84mg (5.63%), Magnesium: 21.82mg (5.45%), Vitamin B1: 0.08mg (5.22%), Vitamin B3: 1.01mg (5.03%), Vitamin A: 225.39IU (4.51%), Potassium: 152.22mg (4.35%), Vitamin E:

0.57mg (3.78%), Calcium: 34.06mg (3.41%), Vitamin B12: 0.15µg (2.45%), Vitamin D: 0.33µg (2.2%)