



Fried Rice (Sinangag)



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



302 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups rice white cold cooked
- ☐ 2 teaspoons cooking oil
- ☐ 0.3 pound ham diced cooked
- ☐ 2 eggs beaten
- ☐ 2 cloves garlic minced
- ☐ 1 tablespoon soya sauce

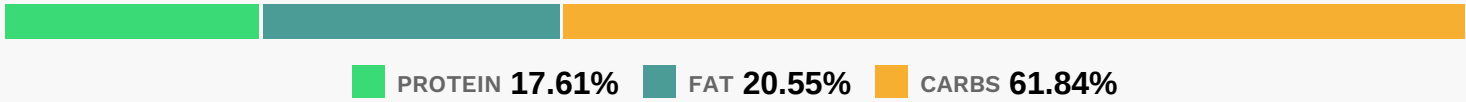
Equipment

- ☐ frying pan

Directions

- ☐ Heat 2 teaspoons oil in a skillet; cook the eggs in the hot oil until set, 3 to 5 minutes. Cool and slice into thin ribbons; set aside.
- ☐ Heat 2 more teaspoons oil in a large skillet; fry the garlic in the oil, mashing it while frying until light brown and almost crispy, about 5 minutes.
- ☐ Add the rice and mix thoroughly until it is well blended with the garlic.
- ☐ Add the soy sauce and mix again; cook for 2 minutes. Stir the ham into the mixture; cook and stir another 5 minutes. Fold the sliced egg into the mixture and cook until hot, about 3 minutes.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:48, Inflammation Score:-2, Nutrition Score:10.200000037318%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 301.72kcal (15.09%), Fat: 6.71g (10.32%), Saturated Fat: 1.44g (9.01%), Carbohydrates: 45.41g (15.14%), Net Carbohydrates: 44.71g (16.26%), Sugar: 0.25g (0.28%), Cholesterol: 102.54mg (34.18%), Sodium: 611.88mg (26.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.93g (25.86%), Manganese: 0.81mg (40.64%), Selenium: 24.47µg (34.95%), Phosphorus: 202.43mg (20.24%), Vitamin B6: 0.28mg (14.23%), Vitamin B1: 0.2mg (13.09%), Vitamin B5: 1.23mg (12.27%), Vitamin B2: 0.2mg (11.59%), Zinc: 1.73mg (11.51%), Vitamin B12: 0.6µg (9.93%), Vitamin B3: 1.84mg (9.22%), Vitamin C: 7.07mg (8.57%), Copper: 0.17mg (8.39%), Magnesium: 29.73mg (7.43%), Iron: 1.07mg (5.97%), Potassium: 180.88mg (5.17%), Vitamin E: 0.65mg (4.3%), Folate: 16.79µg (4.2%), Calcium: 33.44mg (3.34%), Vitamin D: 0.44µg (2.93%), Fiber: 0.7g (2.8%), Vitamin A: 118.93IU (2.38%), Vitamin K: 1.52µg (1.45%)