



Fried Rice with Broccoli and Eggs



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



243 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups broccoli florets
- ☐ 0.5 cup carrots shredded
- ☐ 4 cups rice long-grain chilled cooked
- ☐ 2 teaspoons sesame oil dark
- ☐ 4 large eggs
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 2 garlic cloves minced

- ☐ 0.3 cup green onions thinly sliced
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vegetable oil divided
- ☐ 2 tablespoons water

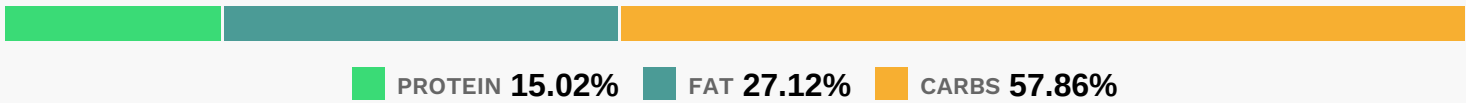
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Steam broccoli, covered, 2 minutes or until crisp-tender; rinse with cold water.
- ☐ Drain; cool.
- ☐ Combine eggs and 2 tablespoons water.
- ☐ Heat 1 teaspoon vegetable oil in a large nonstick skillet or wok over medium-high heat.
- ☐ Add egg mixture; stir-fry 30 seconds or until soft-scrambled, stirring constantly.
- ☐ Remove egg mixture from pan.
- ☐ Add 2 teaspoons vegetable oil to pan.
- ☐ Add ginger and garlic; stir-fry 30 seconds.
- ☐ Add rice; stir-fry 3 minutes.
- ☐ Add broccoli, carrot, and broth; cook 1 minute.
- ☐ Add cooked eggs, soy sauce, sesame oil, and salt; stir-fry 1 minute or until thoroughly heated.
- ☐ Sprinkle with green onions.

Nutrition Facts



Properties

Glycemic Index:44.14, Glycemic Load:32.99, Inflammation Score:-9, Nutrition Score:15.998695643052%

Flavonoids

Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg, Kaempferol: 3.65mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg, Quercetin: 1.97mg

Nutrients (% of daily need)

Calories: 243.44kcal (12.17%), Fat: 7.31g (11.25%), Saturated Fat: 1.72g (10.76%), Carbohydrates: 35.11g (11.7%), Net Carbohydrates: 33.02g (12.01%), Sugar: 1.62g (1.8%), Cholesterol: 124mg (41.33%), Sodium: 399.58mg (17.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.11g (18.22%), Vitamin K: 60.91µg (58.01%), Vitamin C: 42.37mg (51.36%), Vitamin A: 2287.07IU (45.74%), Manganese: 0.67mg (33.36%), Selenium: 19.69µg (28.13%), Phosphorus: 158.42mg (15.84%), Vitamin B2: 0.25mg (14.42%), Vitamin B6: 0.28mg (13.78%), Folate: 54.78µg (13.7%), Vitamin B5: 1.25mg (12.52%), Potassium: 302.76mg (8.65%), Fiber: 2.09g (8.37%), Zinc: 1.23mg (8.23%), Magnesium: 32.89mg (8.22%), Iron: 1.33mg (7.39%), Vitamin E: 1.07mg (7.13%), Copper: 0.14mg (6.91%), Calcium: 61.29mg (6.13%), Vitamin B1: 0.08mg (5.41%), Vitamin B12: 0.32µg (5.26%), Vitamin B3: 0.99mg (4.97%), Vitamin D: 0.67µg (4.44%)