



## Fried Rice with Cilantro

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

READY IN



30 min.

SERVINGS



4

CALORIES



337 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 cups rotisserie chicken breast meat boneless skinless cubed
- 2 cups jasmine rice chilled cooked
- 1 tablespoon fish sauce
- 2 tablespoons basil leaves fresh chopped
- 5 tablespoons cilantro leaves fresh chopped
- 5 cloves garlic finely chopped
- 2 chilies diced green
- 2 teaspoons green onion chopped

- 1 tablespoon soya sauce
- 4 tablespoons vegetable oil
- 1 tablespoon sugar white

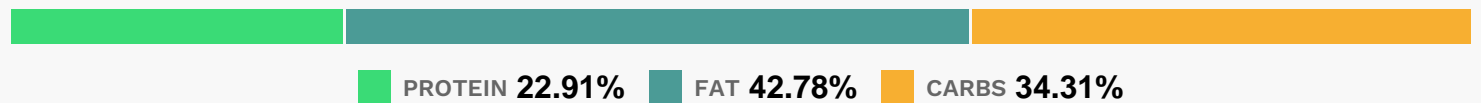
## Equipment

- frying pan
- wok

## Directions

- Heat the oil in a wok or large skillet, over medium-high heat. Fry the garlic until golden, then add the chili pepper and chicken meat, and stir-fry until cooked through.
- When the chicken is cooked, add the rice, sugar, fish sauce, and soy sauce. Cook over medium heat, stirring gently. When the mixture is well blended, stir in the green onions, basil, and cilantro. Cook for 1 more minute, then serve hot.

## Nutrition Facts



## Properties

Glycemic Index:89.52, Glycemic Load:26.41, Inflammation Score:-3, Nutrition Score:12.608260984006%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

## Nutrients (% of daily need)

Calories: 336.58kcal (16.83%), Fat: 15.81g (24.32%), Saturated Fat: 2.57g (16.03%), Carbohydrates: 28.52g (9.51%), Net Carbohydrates: 27.29g (9.92%), Sugar: 4.09g (4.55%), Cholesterol: 48mg (16%), Sodium: 768.43mg (33.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.05g (38.09%), Selenium: 30.93µg (44.19%), Vitamin B3: 8.47mg (42.33%), Vitamin B6: 0.71mg (35.57%), Vitamin K: 32.99µg (31.42%), Manganese: 0.5mg (24.76%), Phosphorus: 204.54mg (20.45%), Vitamin B5: 1.43mg (14.27%), Magnesium: 40.56mg (10.14%), Potassium: 351.06mg (10.03%), Vitamin E: 1.32mg (8.77%), Vitamin C: 5.3mg (6.42%), Zinc: 0.91mg (6.06%), Vitamin B2: 0.1mg (5.98%), Vitamin B1: 0.08mg (5.05%), Copper: 0.1mg (5.02%), Fiber: 1.23g (4.92%), Iron: 0.7mg (3.89%), Vitamin B12: 0.17µg (2.86%), Folate: 10.22µg (2.55%), Calcium: 24.13mg (2.41%), Vitamin A: 119.84IU (2.4%)