



WHATSheATE



Fried rice with egg & ginger



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



415 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 tbsp unrefined sunflower oil
- ☐ 100 g ginger finely sliced
- ☐ 50 g garlic finely sliced
- ☐ 100 g prawn cooked peeled
- ☐ 1 bunch spring onion separated sliced
- ☐ 3 eggs beaten
- ☐ 600 g rice cooked uncooked (300g 11oz)
- ☐ 50 ml rice wine dry

☐ 50 ml soya sauce light

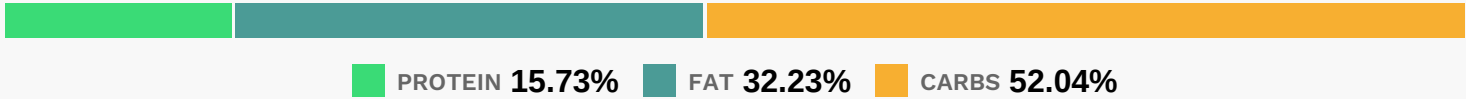
Equipment

☐ wok

Directions

- ☐ Heat the oil in a wok.
- ☐ Add the ginger and garlic, then stir-fry briefly until just coloured.
- ☐ Add the prawns and the whites of the spring onions, and cook for a further 3 mins.
- ☐ Pour in the beaten egg, let it set for a couple of secs, then break it up and stir well to scramble.
- ☐ Add the cooked rice and stir-fry everything together for 10 mins.
- ☐ Add the rest of the spring onions, rice wine and soy, then toss everything together well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:47.39, Inflammation Score:-5, Nutrition Score:13.984782467718%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 414.56kcal (20.73%), Fat: 14.46g (22.25%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 52.53g (17.51%), Net Carbohydrates: 50.91g (18.51%), Sugar: 1.22g (1.35%), Cholesterol: 163.01mg (54.34%), Sodium: 769.79mg (33.47%), Alcohol: 1.31g (100%), Alcohol %: 0.58% (100%), Protein: 15.87g (31.75%), Manganese: 1.08mg (53.87%), Selenium: 23.48µg (33.54%), Vitamin E: 4.83mg (32.19%), Phosphorus: 231.4mg (23.14%), Vitamin B6: 0.43mg

(21.26%), Copper: 0.34mg (17.05%), Magnesium: 51.96mg (12.99%), Vitamin B2: 0.22mg (12.82%), Vitamin K: 13.37µg (12.74%), Vitamin B5: 1.27mg (12.72%), Zinc: 1.82mg (12.11%), Potassium: 369.46mg (10.56%), Iron: 1.78mg (9.92%), Calcium: 84.02mg (8.4%), Vitamin C: 6.28mg (7.61%), Folate: 29.31µg (7.33%), Vitamin B3: 1.43mg (7.15%), Fiber: 1.62g (6.47%), Vitamin B1: 0.09mg (5.71%), Vitamin B12: 0.29µg (4.89%), Vitamin A: 239.15IU (4.78%), Vitamin D: 0.66µg (4.4%)