

Fried Rice with Marmite®

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



50 min.

SERVINGS



2

CALORIES



773 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 bok choy stalks chopped
- 2 eggs lightly beaten
- 1 clove garlic minced
- 0.5 pound ground chicken
- 2 servings ground pepper white
- 0.5 tablespoon light-colored soy sauce
- 2 tablespoons soya sauce light
- 1 tablespoon vegetable oil

- 2 cups water
- 2 servings pepper white to taste
- 1 cup rice white uncooked
- 1 tablespoon yeast extract spread marmite® (such as)

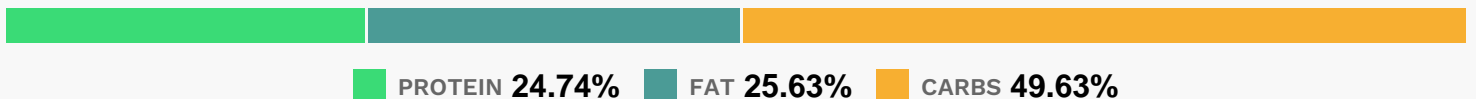
Equipment

- bowl
- frying pan
- sauce pan
- wok

Directions

- Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes. If possible, cook the rice a day beforehand and leave it overnight in the fridge or cook it a couple of hours before you are ready to use it and leave it to cool.
- Combine the chicken, 1/2 tablespoons soy sauce, and pepper in a bowl. Set aside.
- Heat 1 tablespoon of oil in a frying pan or a wok on high heat and fry the garlic and chicken until brown, making sure to break the chicken up into bits as you go along.
- Add the bok choy, cooled rice, and pepper. Stir for a minute.
- Reduce the heat to medium; make a hole in the middle of the frying pan and pour the egg into the hole.
- Add more oil if necessary. Cook for a minute until the egg starts to set, cover the top of the egg with the rice and cook for half a minute more; stir.
- Stir in 2 tablespoons soy sauce; then stir in the yeast extract spread. When everything has turned a slightly brownish color, add some pepper to taste. Give it a final quick stir, make sure that the chicken is cooked thoroughly, and serve.

Nutrition Facts



Properties

Glycemic Index:60.59, Glycemic Load:44.81, Inflammation Score:-10, Nutrition Score:66.726956326029%

Flavonoids

Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Kaempferol: 36.38mg, Kaempferol: 36.38mg, Kaempferol: 36.38mg, Kaempferol: 36.38mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 17.33mg, Quercetin: 17.33mg, Quercetin: 17.33mg

Nutrients (% of daily need)

Calories: 773.27kcal (38.66%), Fat: 22.64g (34.83%), Saturated Fat: 5.45g (34.04%), Carbohydrates: 98.63g (32.88%), Net Carbohydrates: 87.29g (31.74%), Sugar: 10.7g (11.89%), Cholesterol: 261.2mg (87.07%), Sodium: 2200.18mg (95.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.16g (98.32%), Vitamin A: 37768.94IU (755.38%), Vitamin C: 379.31mg (459.77%), Vitamin K: 395.86µg (377.01%), Folate: 868.32µg (217.08%), Vitamin B1: 2.29mg (152.61%), Vitamin B2: 2.44mg (143.67%), Manganese: 2.7mg (135.06%), Vitamin B6: 2.5mg (125.21%), Vitamin B3: 22.41mg (112.03%), Calcium: 969.21mg (96.92%), Potassium: 3087.73mg (88.22%), Phosphorus: 752.42mg (75.24%), Selenium: 45.8µg (65.43%), Magnesium: 240.47mg (60.12%), Iron: 10.59mg (58.85%), Fiber: 11.34g (45.37%), Vitamin B5: 4.02mg (40.24%), Zinc: 5.33mg (35.54%), Copper: 0.61mg (30.63%), Vitamin B12: 1.06µg (17.73%), Vitamin E: 2.18mg (14.56%), Vitamin D: 0.88µg (5.87%)