



Fried Rice with Sweet Soy Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



414 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4 cups brown rice long-grain cooked
- ☐ 1.5 cups daikon radish thinly sliced
- ☐ 4 large eggs lightly beaten
- ☐ 0.3 cup basil leaves fresh
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup mint leaves fresh
- ☐ 2 garlic cloves minced

- ☐ 4 lime wedges
- ☐ 3 tablespoons vegetable oil; peanut oil preferred divided
- ☐ 0.3 teaspoon salt
- ☐ 1 serrano chile chopped
- ☐ 3 shallots finely chopped

Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat 1 tablespoon oil in a large skillet over medium-high heat; swirl to coat.
- ☐ Pour eggs into pan; cook for 2 minutes or until set, stirring once.
- ☐ Remove eggs from pan.
- ☐ Increase heat to high, and add the remaining 2 tablespoons oil to pan.
- ☐ Add shallots, garlic, and chile; stir-fry 1 minute.
- ☐ Add rice; stir-fry for 3 minutes or until lightly browned.
- ☐ Add cooked eggs, soy sauce, salt, and pepper; toss to combine.
- ☐ Top with radish and herbs, and serve with lime.
- ☐ Sweet Soy Sauce
- ☐ /4 cup lower-sodium soy sauce
- ☐ /4 cup packed dark brown sugar
- ☐ Bring soy sauce and brown sugar to a boil in a small saucepan over medium heat. Simmer 2 minutes or until reduced to 1/4 cup.
- ☐ Makes 4 servings (serving size: 1 tablespoon)
- ☐ Calories 61; Fat 0mg; Protein 9g; Carbohydrate 9g; Fiber 1g; Cholesterol 0mg; Iron 4mg; Sodium 537mg; Calcium 14mg

Nutrition Facts



 PROTEIN 12.01%  FAT 36.99%  CARBS 51%

Properties

Glycemic Index:64.5, Glycemic Load:1.73, Inflammation Score:-7, Nutrition Score:20.810434631679%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 8.12mg, Hesperetin: 8.12mg, Hesperetin: 8.12mg, Hesperetin: 8.12mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 413.92kcal (20.7%), Fat: 17.18g (26.43%), Saturated Fat: 3.72g (23.28%), Carbohydrates: 53.29g (17.76%), Net Carbohydrates: 47.49g (17.27%), Sugar: 3.83g (4.25%), Cholesterol: 186mg (62%), Sodium: 240.12mg (10.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.55g (25.11%), Manganese: 1.97mg (98.42%), Selenium: 35.31µg (50.44%), Phosphorus: 292.93mg (29.29%), Magnesium: 107.38mg (26.84%), Vitamin B6: 0.5mg (24.83%), Vitamin C: 19.36mg (23.47%), Fiber: 5.8g (23.19%), Vitamin B2: 0.31mg (18.24%), Copper: 0.34mg (17.02%), Vitamin B3: 3.31mg (16.55%), Vitamin B1: 0.24mg (16.08%), Vitamin E: 2.34mg (15.61%), Vitamin B5: 1.51mg (15.14%), Folate: 58.17µg (14.54%), Zinc: 2.12mg (14.15%), Iron: 2.53mg (14.07%), Vitamin K: 14.62µg (13.93%), Vitamin A: 649.4IU (12.99%), Potassium: 379.05mg (10.83%), Calcium: 89.19mg (8.92%), Vitamin B12: 0.44µg (7.42%), Vitamin D: 1µg (6.67%)