



Gluten-Free Fried Rice



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



308 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup chicken stock see gluten-free
- ☐ 3 cups rice cooled cooked
- ☐ 1 large eggs for egg-free needs (omit)
- ☐ 1.5 teaspoons ginger fresh grated peeled
- ☐ 1 clove garlic finely minced
- ☐ 6 green onions thinly sliced
- ☐ 3 tablespoons olive oil divided
- ☐ 6 servings freshly cracked pepper black to taste

- ☐ 1 large bell pepper diced red seeded
- ☐ 1 pound chicken breasts boneless skinless thinly sliced
- ☐ 2 cups snow peas trimmed sliced in half on the diagonal
- ☐ 1 teaspoon sugar
- ☐ 3 tablespoons soy sauce / tamari gluten-free

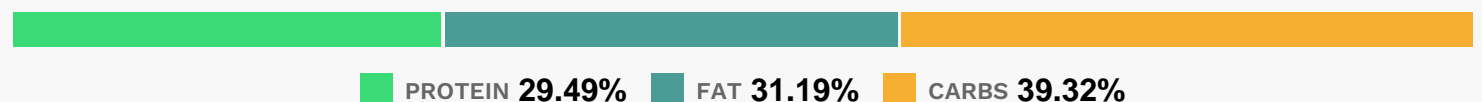
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ In a small bowl, whisk together the stock, soy sauce, ginger, garlic, sugar and green onions. In a skillet, heat one tablespoon oil over medium-high heat, and stir-fry the chicken until cooked through. Set aside in a bowl.
- ☐ Add the egg (if using) to the skillet and scramble. Set cooked egg aside with chicken.
- ☐ Add another tablespoon oil to the pan.
- ☐ Add the red bell pepper and stir fry for about 2 minutes, or until the pepper is beginning to become tender.
- ☐ Add the peas and stir fry for about one minute or until the color of the pea pods brightens.
- ☐ Add the last tablespoon of oil, chicken, egg and the cooked rice or quinoa. Carefully break rice apart with spatula while stir frying.
- ☐ Add the chicken stock mixture, continuing to stir fry and cook until all the sauce has absorbed into rice and mixture is evenly heated.
- ☐ Serve right away, or prepare for freezing.

Nutrition Facts



Properties

Glycemic Index:55.85, Glycemic Load:25.04, Inflammation Score:-8, Nutrition Score:20.328261079996%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 307.51kcal (15.38%), Fat: 10.52g (16.19%), Saturated Fat: 1.85g (11.56%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 27.68g (10.07%), Sugar: 4.11g (4.57%), Cholesterol: 80.28mg (26.76%), Sodium: 650.59mg (28.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.38g (44.77%), Vitamin C: 57.99mg (70.29%), Selenium: 33.82µg (48.31%), Vitamin B3: 9.57mg (47.86%), Vitamin B6: 0.84mg (41.83%), Vitamin K: 38.97µg (37.11%), Manganese: 0.58mg (29.16%), Vitamin A: 1399.7IU (27.99%), Phosphorus: 258.98mg (25.9%), Vitamin B5: 1.89mg (18.93%), Potassium: 531.06mg (15.17%), Vitamin B2: 0.22mg (13.13%), Vitamin E: 1.91mg (12.72%), Magnesium: 48.97mg (12.24%), Folate: 46.49µg (11.62%), Iron: 1.9mg (10.53%), Vitamin B1: 0.15mg (10.33%), Fiber: 2.17g (8.68%), Zinc: 1.23mg (8.17%), Copper: 0.15mg (7.68%), Calcium: 45.15mg (4.52%), Vitamin B12: 0.23µg (3.76%), Vitamin D: 0.24µg (1.62%)