



Hearty Skillet Rice

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



324 kcal

SIDE DISH

Ingredients

- 1 tablespoon canola oil
- 4 ounce deli ham diced
- 2 large eggs
- 4 servings kosher salt and pepper black freshly ground
- 0.3 teaspoon pepper flakes red
- 1 cup rice white
- 1 medium onion diced yellow
- 1 medium zucchini diced

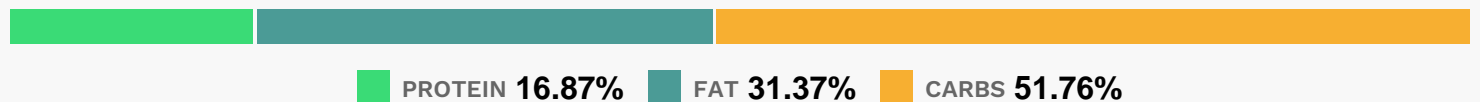
Equipment

- bowl
- frying pan

Directions

- Cook the rice according to package instructions.
- In a large skillet over medium heat, add the oil.
- Add the onions, zucchini and red pepper flakes. Cook until the vegetables just begin to soften, 3 to 4 minutes.
- Add the ham and let cook another 3 to 4 minutes. Season with salt and pepper.
- Crack the eggs into a bowl and beat them, adding a pinch of salt and pepper. Push the vegetables to the side of the skillet, add the eggs and cook until just set.
- Mix the eggs and vegetables together.
- Add the rice to the skillet with the vegetables and egg and cook, stirring frequently, until the rice is hot. Reserve 1 cup of the cooked rice for the Round 2 Recipe Stuffed Cabbage
- Rolls, or another use.
- Transfer to a serving dish and serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.8, Glycemic Load:22.99, Inflammation Score:-4, Nutrition Score:11.325217495794%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 324.33kcal (16.22%), Fat: 11.14g (17.14%), Saturated Fat: 2.88g (17.97%), Carbohydrates: 41.38g (13.79%), Net Carbohydrates: 39.75g (14.45%), Sugar: 2.55g (2.83%), Cholesterol: 110.58mg (36.86%), Sodium: 381.41mg (16.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.49g (26.97%), Manganese: 0.65mg (32.56%), Selenium: 21.36µg (30.51%), Phosphorus: 190.48mg (19.05%), Vitamin B6: 0.34mg (17.09%), Vitamin B1: 0.25mg (16.53%), Vitamin B2: 0.25mg (14.96%), Vitamin C: 10.81mg (13.1%), Vitamin B3: 2.29mg (11.46%), Zinc: 1.69mg (11.3%), Vitamin B5: 1.12mg (11.18%), Potassium: 340.57mg (9.73%), Copper: 0.18mg (9.13%), Folate: 33.34µg (8.33%), Magnesium: 31.88mg (7.97%), Vitamin E: 1.14mg (7.61%), Iron: 1.32mg (7.36%), Vitamin B12: 0.4µg (6.73%), Fiber: 1.63g (6.51%), Vitamin A: 271.16IU (5.42%), Vitamin K: 5.13µg (4.89%), Vitamin D: 0.7µg (4.66%), Calcium: 43.96mg (4.4%)