



House Fried Rice

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



269 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 carrots diced peeled
- 2 stalks celery chopped
- 1 cup chicken breast cooked chopped
- 0.5 cup ham diced
- 1 eggs beaten
- 1 clove garlic chopped
- 1 bell pepper green chopped
- 0.5 cup peas green

- 1 small onion chopped
- 3 tablespoons sesame oil
- 1 cup shrimp deveined peeled
- 0.3 cup soya sauce
- 1.5 cups rice white uncooked

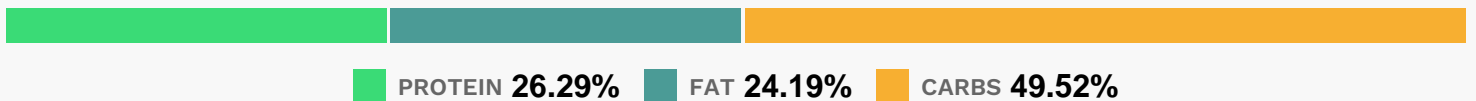
Equipment

- frying pan
- wok

Directions

- Cook rice according to package directions. While rice is cooking, heat a wok or large skillet over medium-high heat.
- Pour in sesame oil and stir in onion. Fry until golden, then add garlic. When garlic is lightly browned, mix in shrimp, ham, and chicken. Fry until shrimp is pink.
- Lower heat to medium and stir in celery, carrot, green pepper, and peas. Fry until vegetables are crisp-tender. Stir in beaten egg and cook just until egg is scrambled and firm.
- When rice is done, mix thoroughly with vegetables and stir in soy sauce. Adjust seasoning to your preference and serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.29, Glycemic Load:17.88, Inflammation Score:-9, Nutrition Score:11.749999963719%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 268.91kcal (13.45%), Fat: 7.16g (11.02%), Saturated Fat: 1.22g (7.6%), Carbohydrates: 33g (11%), Net Carbohydrates: 30.98g (11.26%), Sugar: 2.41g (2.68%), Cholesterol: 86.77mg (28.92%), Sodium: 575.39mg (25.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.52g (35.05%), Vitamin A: 2750.51IU (55.01%), Manganese: 0.53mg (26.64%), Vitamin C: 17.56mg (21.28%), Phosphorus: 187mg (18.7%), Vitamin B3: 3.7mg (18.5%), Selenium: 12.13µg (17.33%), Vitamin B6: 0.28mg (13.9%), Copper: 0.25mg (12.75%), Potassium: 322.95mg (9.23%), Magnesium: 36.03mg (9.01%), Vitamin K: 9.15µg (8.71%), Zinc: 1.25mg (8.35%), Fiber: 2.02g (8.09%), Vitamin B5: 0.74mg (7.36%), Iron: 1.2mg (6.68%), Vitamin B2: 0.11mg (6.27%), Vitamin B1: 0.09mg (6.17%), Folate: 22.91µg (5.73%), Calcium: 51.27mg (5.13%), Vitamin E: 0.41mg (2.75%), Vitamin B12: 0.11µg (1.81%)