



Indonesian Fried Rice

 Vegetarian  Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



229 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 small carrots sliced
- 1 stalk celery sliced
- 0.3 cucumber sliced
- 4 eggs
- 2 cloves garlic minced
- 1 chile pepper green chopped
- 2 tablespoons soy sauce
- 1 small onion chopped

- 2 teaspoons sesame oil
- 2 tablespoons soya sauce
- 2 tablespoons tomato sauce
- 1 cup water
- 0.5 cup rice long grain white uncooked

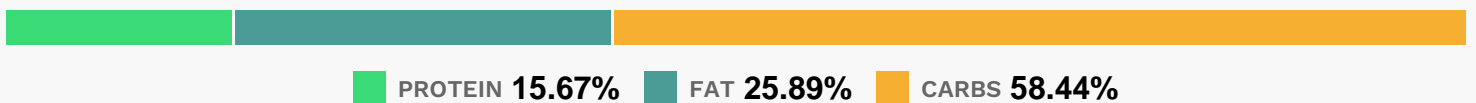
Equipment

- bowl
- pot
- wok

Directions

- Bring the rice and water to boil in a pot. Cover, reduce heat to low, and simmer 20 minutes.
- Heat the oil in a wok, and cook the onion, garlic, and green chile until tender.
- Mix in the carrot and celery. Stir in the rice, and mix in kecap manis, tomato sauce, and soy sauce. Continue cooking about 1 minute, until heated through.
- Transfer to bowls, and garnish with cucumber slices.
- Place eggs in the wok, and cook until set.
- Place in the bowls over the rice and vegetables.

Nutrition Facts



Properties

Glycemic Index:68, Glycemic Load:12.3, Inflammation Score:-9, Nutrition Score:10.488695642223%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.64mg, Quercetin: 3.64mg,

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Nutrients (% of daily need)

Calories: 229.25kcal (11.46%), Fat: 6.47g (9.95%), Saturated Fat: 1.73g (10.79%), Carbohydrates: 32.86g (10.95%), Net Carbohydrates: 31.03g (11.28%), Sugar: 9.33g (10.36%), Cholesterol: 163.68mg (54.56%), Sodium: 822.3mg (35.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.81g (17.62%), Vitamin A: 2417.21IU (48.34%), Selenium: 17.49µg (24.98%), Manganese: 0.41mg (20.32%), Vitamin B2: 0.25mg (15%), Phosphorus: 145.52mg (14.55%), Vitamin B5: 1.1mg (11%), Vitamin B6: 0.21mg (10.59%), Folate: 36.79µg (9.2%), Iron: 1.4mg (7.79%), Copper: 0.15mg (7.33%), Fiber: 1.83g (7.31%), Potassium: 251.73mg (7.19%), Zinc: 1mg (6.69%), Vitamin B12: 0.39µg (6.53%), Vitamin C: 5.29mg (6.41%), Vitamin K: 6.66µg (6.35%), Vitamin D: 0.88µg (5.87%), Magnesium: 23.35mg (5.84%), Calcium: 53.23mg (5.32%), Vitamin B3: 1.03mg (5.13%), Vitamin E: 0.74mg (4.96%), Vitamin B1: 0.07mg (4.54%)