



Indonesian Fried Rice

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



310 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 chicken legs – de-boned
- ☐ 1 bottle malaysian chilli coconut marinade
- ☐ 3 eggs
- ☐ 2 Tbs soy sauce
- ☐ 1 bottle indonesian fried rice 'nasi goreng' paste
- ☐ 4 servings oil
- ☐ 1 chili red thinly sliced
- ☐ 3 rice cups rice uncooked cooked (yield 1 kg of rice)

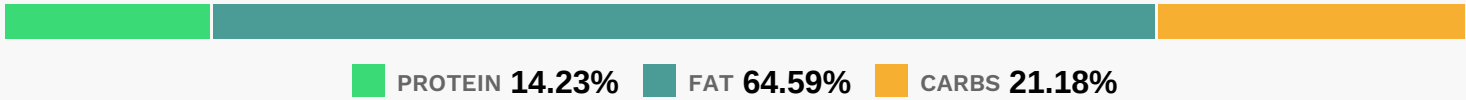
- ☐ 0.5 head cabbage shredded white
- ☐ 2 cups ikan bilis dried (anchovies)
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Equipment

Directions

- ☐ Cook rice and leave to cool. Chill overnight.

Nutrition Facts



Properties

Glycemic Index:60.75, Glycemic Load:2.25, Inflammation Score:-5, Nutrition Score:16.906521631324%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 310.26kcal (15.51%), Fat: 22.45g (34.53%), Saturated Fat: 3.51g (21.96%), Carbohydrates: 16.56g (5.52%), Net Carbohydrates: 13.54g (4.92%), Sugar: 10.97g (12.19%), Cholesterol: 152.71mg (50.9%), Sodium: 258.54mg (11.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.13g (22.26%), Vitamin K: 98.69µg (93.99%), Vitamin C: 58.13mg (70.46%), Selenium: 16.38µg (23.4%), Vitamin E: 3.12mg (20.78%), Vitamin B6: 0.36mg (17.91%), Folate: 68.29µg (17.07%), Phosphorus: 150.04mg (15%), Vitamin B2: 0.25mg (14.81%), Fiber: 3.02g (12.07%), Manganese: 0.22mg (11.05%), Vitamin B5: 1.09mg (10.93%), Vitamin B3: 1.96mg (9.82%), Potassium: 341.44mg (9.76%), Vitamin A: 431.54IU (8.63%), Iron: 1.45mg (8.08%), Vitamin B12: 0.47µg (7.9%), Vitamin B1: 0.11mg (7.64%), Zinc: 1.14mg (7.58%), Calcium: 68.5mg (6.85%), Magnesium: 26.43mg (6.61%), Vitamin D: 0.69µg (4.61%), Copper: 0.08mg (3.9%)