



Indonesian Fried Rice (Nasi Goreng)

 Dairy Free

READY IN



180 min.

SERVINGS



4

CALORIES



448 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 eggs beaten
- ☐ 1 clove garlic minced
- ☐ 2 chile peppers green chopped
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 1 leek chopped
- ☐ 1 onion chopped
- ☐ 0.5 pound prawns deveined peeled

- ☐ 0.5 pound chicken breasts boneless skinless cut into thin strips
- ☐ 3 tablespoons soya sauce sweet (Indonesian kecap manis)
- ☐ 1 tablespoon vegetable oil
- ☐ 2 cups water
- ☐ 1 cup rice white uncooked

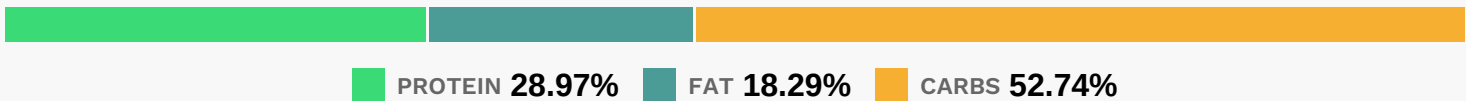
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ wok

Directions

- ☐ Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.
- ☐ Spread onto a baking sheet, and refrigerate 2 hours until cold.
- ☐ Heat a large nonstick skillet over medium heat. Spray with nonstick cooking spray.
- ☐ Pour eggs into hot skillet. Cook until the eggs begin to set, lifting up the edges of the set eggs to allow the uncooked egg to contact the hot pan, about 1 minute. Flip omelet in one piece and cook until fully set, about 30 seconds. Slice omelet into 1/2 inch strips.
- ☐ Heat the vegetable oil in a wok or large frying pan over high heat. Stir in the onion, leek, garlic, and chile peppers. Cook, stirring, until onion is soft, 3 to 5 minutes. Stir in the chicken, prawns, coriander, and cumin, mixing well. Cook and stir for approximately 5 minutes.
- ☐ Mix in the cold rice, sweet soy sauce, and omelet strips; cook until shrimp are bright pink and chicken is no longer pink in the center, 3 to 5 minutes.

Nutrition Facts



Properties

Glycemic Index:38.8, Glycemic Load:23.78, Inflammation Score:-6, Nutrition Score:17.430000014927%

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: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 448.02kcal (22.4%), Fat: 8.9g (13.69%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 57.74g (19.25%), Net Carbohydrates: 55.25g (20.09%), Sugar: 12.88g (14.31%), Cholesterol: 250.33mg (83.44%), Sodium: 512.95mg (22.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.72g (63.45%), Selenium: 35.88µg (51.26%), Phosphorus: 380.38mg (38.04%), Manganese: 0.72mg (36.04%), Vitamin B3: 6.84mg (34.19%), Vitamin B6: 0.65mg (32.65%), Copper: 0.43mg (21.52%), Vitamin B5: 1.85mg (18.52%), Vitamin K: 17.12µg (16.3%), Magnesium: 63.94mg (15.98%), Potassium: 556.68mg (15.91%), Vitamin B2: 0.25mg (14.6%), Zinc: 2.16mg (14.4%), Iron: 2.4mg (13.36%), Vitamin A: 573.08IU (11.46%), Calcium: 103.11mg (10.31%), Vitamin C: 8.46mg (10.26%), Folate: 41.02µg (10.25%), Fiber: 2.49g (9.96%), Vitamin B1: 0.11mg (7.58%), Vitamin B12: 0.41µg (6.78%), Vitamin E: 1.01mg (6.74%), Vitamin D: 0.72µg (4.78%)