



## Indonesian Nasi Goreng

 **Gluten Free**  **Dairy Free**

READY IN



**50 min.**

SERVINGS



**6**

CALORIES



**386 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon curry paste
- 2 eggs
- 0.3 cup cilantro leaves fresh chopped
- 2 cloves garlic coarsely chopped
- 1 bunch green onions thinly sliced
- 1 chile pepper fresh red seeded chopped
- 2 ounces roasted peanuts coarsely chopped
- 6 servings salt to taste

- 1 pound chicken breast halves boneless skinless
- 2 tablespoons soya sauce to taste
- 1 teaspoon sunflower seed oil
- 3 cups water
- 12 ounces rice long grain white

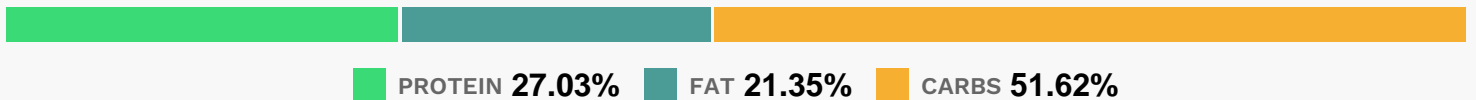
## Equipment

- frying pan
- sauce pan
- wok

## Directions

- Bring rice, water, and salt to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until rice is tender and liquid has been absorbed, 20 to 25 minutes.
- Heat 2 tablespoons sunflower oil in a wok or skillet over medium-high heat; cook and stir chicken, garlic, and red chile pepper until chicken is golden brown, 5 to 7 minutes. Stir in curry paste until fragrant, about 1 minute.
- Add cooked rice and green onions, cooking and stirring for 5 minutes more. Season with soy sauce.
- Push rice mixture to one side of the wok.
- Heat remaining 1 teaspoon sunflower oil in middle of wok; cook and stir eggs until just set, about 1 minute. Stir rice mixture into eggs.
- Sprinkle with peanuts and cilantro.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:39.2, Glycemic Load:27.75, Inflammation Score:-6, Nutrition Score:17.62217405568%

## Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg

## **Nutrients (% of daily need)**

Calories: 386.09kcal (19.3%), Fat: 9.03g (13.89%), Saturated Fat: 1.82g (11.4%), Carbohydrates: 49.12g (16.37%), Net Carbohydrates: 47.07g (17.12%), Sugar: 0.93g (1.03%), Cholesterol: 102.94mg (34.31%), Sodium: 689.05mg (29.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.72g (51.44%), Selenium: 38.66µg (55.23%), Vitamin B3: 10.65mg (53.25%), Manganese: 0.94mg (47.08%), Vitamin B6: 0.79mg (39.27%), Phosphorus: 309.43mg (30.94%), Vitamin B5: 2.07mg (20.68%), Vitamin C: 13.15mg (15.94%), Magnesium: 60.71mg (15.18%), Potassium: 499.3mg (14.27%), Copper: 0.28mg (13.89%), Vitamin A: 652.4IU (13.05%), Vitamin B2: 0.2mg (11.9%), Vitamin K: 11.67µg (11.11%), Zinc: 1.56mg (10.43%), Vitamin B1: 0.15mg (9.99%), Iron: 1.62mg (9.02%), Folate: 34.06µg (8.52%), Fiber: 2.05g (8.19%), Calcium: 52.52mg (5.25%), Vitamin E: 0.74mg (4.96%), Vitamin B12: 0.28µg (4.7%), Vitamin D: 0.37µg (2.46%)