



Kimchee-Bacon Fried Rice

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

READY IN



30 min.

SERVINGS



5

CALORIES



221 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 slices oscar mayer butcher hickory bacon smoked thick cut cut into 1/2-inch pieces
- 2 cups rice long-grain white cooked
- 2 eggs beaten
- 1 cup mild kimchi drained chopped
- 1 onion chopped
- 1 cup peas frozen
- 2 Tbsp lite soy sauce

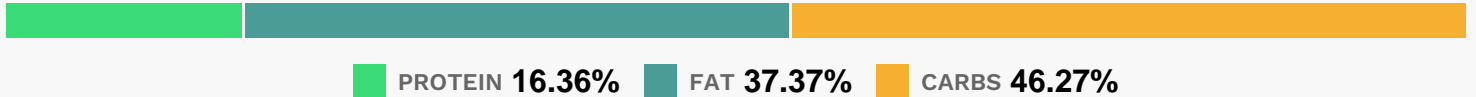
Equipment

- frying pan
- paper towels
- slotted spoon

Directions

- Cook and stir bacon in large skillet on medium-high heat until crisp.
- Remove bacon from skillet with slotted spoon, reserving 1 Tbsp. drippings in skillet.
- Drain bacon on paper towels.
- Add onions to reserved drippings; cook and stir 3 min. or until crisp-tender.
- Stir in rice, peas and kimchee; cook 5 min. or until heated through, stirring occasionally.
- Add bacon and soy sauce; mix well.
- Spoon rice mixture to one side of skillet.
- Add eggs to other side; cook 1 min. until set, stirring occasionally.
- Combine eggs with remaining ingredients in skillet.

Nutrition Facts



Properties

Glycemic Index:39.07, Glycemic Load:20.75, Inflammation Score:-5, Nutrition Score:9.8786957160286%

Flavonoids

Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg, Quercetin: 4.47mg

Nutrients (% of daily need)

Calories: 220.78kcal (11.04%), Fat: 9.1g (13.99%), Saturated Fat: 2.99g (18.66%), Carbohydrates: 25.34g (8.45%), Net Carbohydrates: 22.63g (8.23%), Sugar: 3.04g (3.38%), Cholesterol: 77.09mg (25.7%), Sodium: 661.2mg (28.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.96g (17.92%), Manganese: 0.49mg (24.42%), Selenium: 14.49µg (20.69%), Vitamin K: 17.36µg (16.53%), Vitamin C: 13.23mg (16.03%), Phosphorus: 139.95mg (13.99%), Vitamin B6: 0.27mg (13.72%), Vitamin B2: 0.21mg (12.14%), Folate: 46.45µg (11.61%), Fiber: 2.71g (10.82%), Vitamin B1: 0.16mg (10.8%), Vitamin B3: 2.14mg (10.71%), Iron: 1.73mg (9.59%), Zinc: 1.22mg (8.15%), Magnesium: 29.68mg

(7.42%), Vitamin B5: 0.7mg (6.98%), Copper: 0.14mg (6.93%), Vitamin A: 345.23IU (6.9%), Potassium: 234.13mg (6.69%), Vitamin B12: 0.24µg (4.08%), Calcium: 38.4mg (3.84%), Vitamin D: 0.42µg (2.82%), Vitamin E: 0.35mg (2.35%)