



Kimchi and Gammon Fried Rice



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



3

CALORIES



472 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups kimchi – into bite-size pieces chopped
- ☐ 3 servings sunny-side up eggs
- ☐ 150 g gammon uncooked cut into little pieces
- ☐ 3 cloves garlic – or finely minced pressed
- ☐ 2 Tbs kimchi juice
- ☐ 3 servings soya sauce light
- ☐ 1 Tbs oil
- ☐ 1 onion diced

- ☐ 3 cups overnight rice cold cooked
- ☐ 1 Tbs sesame oil
- ☐ 2 stalks spring onion diced
- ☐ 1 Tbs sugar
- ☐ 1 Tbs water hot

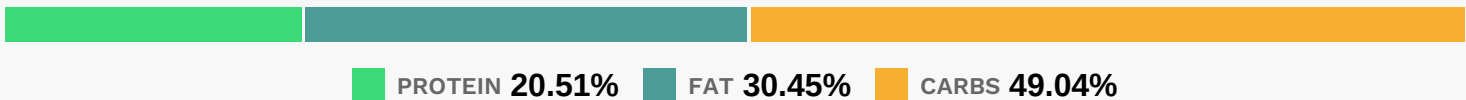
Equipment

- ☐ chopsticks

Directions

- ☐ Break up the rice with a fork or chopsticks.
- ☐ Mix in about 1 tbs of oil. [This makes the rice less sticky and avoid large clumps.]

Nutrition Facts



Properties

Glycemic Index:107.95, Glycemic Load:52.36, Inflammation Score:-6, Nutrition Score:20.566521872645%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg

Nutrients (% of daily need)

Calories: 471.95kcal (23.6%), Fat: 15.82g (24.34%), Saturated Fat: 3.04g (19.01%), Carbohydrates: 57.33g (19.11%), Net Carbohydrates: 54.72g (19.9%), Sugar: 7.88g (8.76%), Cholesterol: 194.68mg (64.89%), Sodium: 1397.84mg (60.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.97g (47.95%), Selenium: 37.08µg (52.97%), Manganese: 0.97mg (48.54%), Vitamin K: 45.92µg (43.73%), Vitamin B6: 0.75mg (37.33%), Vitamin B2: 0.56mg (33.05%), Phosphorus: 328.64mg (32.86%), Vitamin B3: 5.14mg (25.71%), Vitamin B1: 0.37mg (24.5%), Iron: 3.55mg (19.71%), Folate: 70.74µg (17.68%), Vitamin B5: 1.76mg (17.61%), Zinc: 2.6mg (17.35%), Potassium: 518.33mg (14.81%), Magnesium: 57.06mg (14.26%), Copper: 0.25mg (12.55%), Vitamin E: 1.61mg (10.7%), Fiber: 2.61g (10.44%), Vitamin B12: 0.57µg (9.53%), Calcium: 89.63mg (8.96%), Vitamin A: 375.44IU (7.51%), Vitamin D: 1.03µg (6.87%), Vitamin C:

5.24mg (6.36%)