



Kimchi Fried Rice with Fried Egg

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



1

CALORIES



924 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 serving coarse salt
- 1 very egg good
- 1 small garlic clove finely minced
- 1 pinch coarse korean chili powder generous
- 5 tablespoons olive oil extra-virgin
- 1 cup day-old rice cooked at room temperature
- 1 scallion light white green very thinly sliced
- 1 teaspoon soya sauce

- 0.3 cup onion yellow finely chopped
- 0.5 cup very kimchi sour finely chopped

Equipment

- bowl
- frying pan
- paper towels
- stove
- spatula

Directions

- Heat 3 tablespoons of olive oil in a large nonstick skillet over medium heat.
- Add the onion, garlic and a pinch of salt. Cook, stirring now and then, until the onions begin to soften and just begin to brown, about 10 minutes. Turn the heat to high and add the kimchi and cook for 2 or 3 minutes until it begins to crisp on the edges.
- Add the soy sauce and rice and stir thoroughly to combine. Cook until the rice is warmed through and beginning to brown, about 5 minutes.
- Transfer the rice to a warm, shallow bowl and set aside.
- Wipe the skillet clean with a paper towel and add 2 tablespoons of olive oil to the pan and return it to the stove set over high heat. Crack the egg into the skillet, sprinkle it with a pinch of salt and immediately cover the pan with a lid. Cook until the egg white is cooked through and the yolk is barely set. Slip a spatula underneath the egg and transfer it on top of the rice. Scatter the scallion over the dish and sprinkle with the chili powder. Eat immediately, being sure to break the yolk and let it act like a sauce over the rice.

Nutrition Facts

  

 PROTEIN **5.12%**  FAT **72.47%**  CARBS **22.41%**

Properties

Glycemic Index:213, Glycemic Load:49.15, Inflammation Score:-6, Nutrition Score:20.055652037911%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg, Quercetin: 9.45mg

Nutrients (% of daily need)

Calories: 923.94kcal (46.2%), Fat: 75.01g (115.4%), Saturated Fat: 11.22g (70.15%), Carbohydrates: 52.2g (17.4%), Net Carbohydrates: 49.51g (18%), Sugar: 2.97g (3.3%), Cholesterol: 163.68mg (54.56%), Sodium: 886.43mg (38.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.92g (23.84%), Vitamin K: 92.5µg (88.09%), Vitamin E: 10.78mg (71.89%), Manganese: 0.91mg (45.56%), Selenium: 26.41µg (37.73%), Vitamin B6: 0.45mg (22.54%), Vitamin B2: 0.38mg (22.13%), Phosphorus: 197.59mg (19.76%), Iron: 3.39mg (18.83%), Folate: 71.8µg (17.95%), Vitamin B5: 1.39mg (13.9%), Zinc: 1.65mg (10.99%), Fiber: 2.69g (10.76%), Magnesium: 41.99mg (10.5%), Copper: 0.2mg (9.91%), Potassium: 321.8mg (9.19%), Vitamin A: 441.43IU (8.83%), Calcium: 85.04mg (8.5%), Vitamin B3: 1.68mg (8.38%), Vitamin C: 6.15mg (7.46%), Vitamin B12: 0.39µg (6.53%), Vitamin B1: 0.09mg (5.98%), Vitamin D: 0.88µg (5.87%)