

Korean rice pot



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 ml chicken stock see hot
- ☐ 9 oz rice long grain
- ☐ 11 oz turkey diced cooked
- ☐ 9 oz baby spinach
- ☐ 2 carrots shredded
- ☐ 1 tsp sesame oil toasted
- ☐ 1 tsp sesame seed toasted
- ☐ 2 tbsp vegetable oil

- ☐ 4 eggs
- ☐ 2 tbsp chilli sauce thick

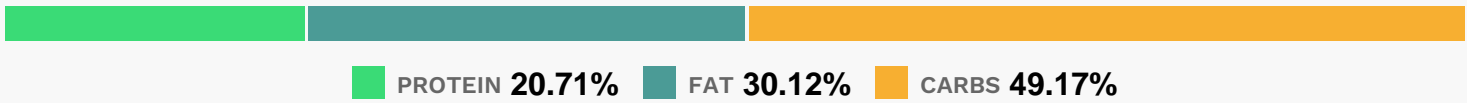
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ colander

Directions

- ☐ Pour the chicken stock into a large pan and bring to the boil.
- ☐ Add the rice and turkey, bring back to the boil and simmer for 12–15 mins until the stock has been absorbed and rice is tender.
- ☐ Meanwhile, put the spinach in a colander and pour over a kettle of hot water to lightly wilt. Keep the spinach and carrots separate, but dress both with the sesame oil and seeds.
- ☐ Cover the cooked rice with a lid and leave to sit for a couple of mins. Meanwhile, heat vegetable oil in a non-stick pan set over a high heat. Fry eggs so the white crisps up nicely round the edges.
- ☐ Spoon the rice into large bowls and arrange the spinach and carrots on top. Finish each with a fried egg and a dollop of chilli sauce.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:31.98, Inflammation Score:-10, Nutrition Score:32.386087231014%

Flavonoids

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 4.14mg, Kaempferol: 4.14mg, Kaempferol: 4.14mg, Kaempferol: 4.14mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg, Quercetin: 2.6mg

Nutrients (% of daily need)

Calories: 537.04kcal (26.85%), Fat: 17.8g (27.38%), Saturated Fat: 3.99g (24.93%), Carbohydrates: 65.34g (21.78%), Net Carbohydrates: 62.15g (22.6%), Sugar: 8.05g (8.95%), Cholesterol: 207.34mg (69.11%), Sodium: 465.48mg (20.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.53g (55.06%), Vitamin K: 325.22µg (309.74%), Vitamin A: 11349.03IU (226.98%), Manganese: 1.34mg (67.05%), Selenium: 38.56µg (55.09%), Folate: 166.02µg (41.51%), Vitamin B3: 8.07mg (40.33%), Vitamin B6: 0.76mg (37.94%), Vitamin B2: 0.58mg (34.24%), Phosphorus: 341.08mg (34.11%), Vitamin C: 19.98mg (24.21%), Potassium: 847.08mg (24.2%), Magnesium: 95.94mg (23.99%), Iron: 3.92mg (21.76%), Copper: 0.4mg (20.01%), Zinc: 2.88mg (19.17%), Vitamin B5: 1.9mg (18.95%), Vitamin E: 2.69mg (17.93%), Vitamin B12: 1.07µg (17.78%), Vitamin B1: 0.21mg (13.8%), Calcium: 130.48mg (13.05%), Fiber: 3.2g (12.79%), Vitamin D: 1.05µg (6.97%)