



Late night pepperoni & pea rice



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



1

CALORIES



203 kcal

SIDE DISH

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 0.5 tsp onion chopped
- ☐ 1 handful sausage such as pepperoni or chorizo
- ☐ 0.5 rice long grain
- ☐ 1 chicken stock cube
- ☐ 0.5 peas frozen
- ☐ 1 medium eggs

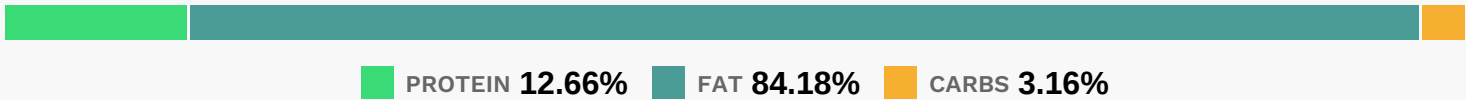
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the oil in a medium pan with a lid, add the onion and fry for 5 minutes until softened. Tip in the sausage and sizzle for a few minutes until its browned and a bit crispy round the edges.
- ☐ Now add the rice and give everything a good stir. Boil the kettle and pour a mug of boiling water into the pan. Crumble in your stock cube and stir to dissolve completely.
- ☐ Turn the heat down until the liquid is gently bubbling, put a lid on the pan and cook for 15 minutes, stirring occasionally.
- ☐ Stir in the peas, put the lid back on and cook for a further 5 minutes. Beat the egg with a little salt and pepper. Turn the heat up under the rice pan, drop in the egg and stir quickly until the egg has just set. Pile the steaming rice into a bowl and tuck in.

Nutrition Facts



Properties

Glycemic Index:160.52, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:5.4952173317256%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 203.03kcal (10.15%), Fat: 19.01g (29.25%), Saturated Fat: 3.54g (22.1%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.55g (0.56%), Sugar: 0.93g (1.03%), Cholesterol: 164.92mg (54.97%), Sodium: 1024.21mg (44.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.87%), Selenium: 14.72µg (21.03%), Vitamin E: 2.5mg (16.66%), Vitamin B2: 0.22mg (12.98%), Phosphorus: 96.51mg (9.65%), Vitamin K: 8.69µg (8.28%), Vitamin B5: 0.71mg (7.12%), Vitamin B12: 0.41µg (6.87%), Vitamin D: 0.89µg (5.95%), Folate: 22.52µg (5.63%), Iron: 0.91mg (5.08%), Vitamin A: 242.27IU (4.85%), Vitamin B6: 0.08mg (4.24%), Zinc: 0.61mg (4.04%), Calcium: 32.85mg (3.28%), Potassium: 78.96mg (2.26%), Magnesium: 8.05mg (2.01%), Vitamin B1: 0.03mg (1.77%), Copper: 0.03mg (1.74%), Manganese: 0.03mg (1.36%)