



 **45%**
HEALTH SCORE

Mango Fried Rice

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

READY IN



45 min.

SERVINGS



2

CALORIES



546 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

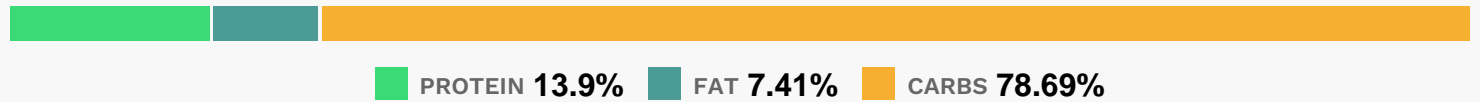
- 2 cups chicken stock see
- 2 servings seasoning cubes
- 3 slices mangos cubed
- 1 cup rice
- 1 cup savory vegetable chopped
- 1 cup savory vegetable chopped
- 1 scotch bonnet peppers
- 1 scotch bonnet peppers

Equipment

Directions

- Wash your rice and bring to boil on medium heat with very little water as you are still going to cook it in chicken stock. Once the rice is slightly soft and the initial water has dried up, reduce the heat and pour in the chicken stock and cook till the chicken stock is all absorbed and has dried up. The chicken stock if freshly made will have some oil from the chicken so your rice does not need oil. Increase the heat and stir in the chopped vegetables and pepper.
- Add your seasoning cube. Finally stir in your cubed mango and serve warm with any protein of your choice. I'd say chicken but it's up to you.

Nutrition Facts



Properties

Glycemic Index:146.47, Glycemic Load:52.69, Inflammation Score:-10, Nutrition Score:24.499565217391%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg

Nutrients (% of daily need)

Calories: 546.48kcal (27.32%), Fat: 4.52g (6.96%), Saturated Fat: 1.12g (7.01%), Carbohydrates: 108.05g (36.02%), Net Carbohydrates: 99.39g (36.14%), Sugar: 4.66g (5.17%), Cholesterol: 7.74mg (2.58%), Sodium: 447.32mg (19.45%), Protein: 19.08g (38.16%), Vitamin A: 9360.59IU (187.21%), Manganese: 1.47mg (73.51%), Vitamin C: 34.32mg (41.6%), Vitamin B3: 7.69mg (38.43%), Fiber: 8.66g (34.63%), Selenium: 20.03µg (28.62%), Phosphorus: 283.07mg (28.31%), Vitamin B6: 0.53mg (26.26%), Copper: 0.52mg (25.85%), Vitamin B1: 0.38mg (25.23%), Vitamin B2: 0.41mg (24.31%), Potassium: 778.93mg (22.26%), Magnesium: 78.86mg (19.71%), Folate: 75.13µg (18.78%), Iron: 3.08mg (17.14%), Zinc: 2.19mg (14.6%), Vitamin B5: 1.26mg (12.58%), Calcium: 80.17mg (8.02%), Vitamin K: 2.04µg (1.94%), Vitamin E: 0.26mg (1.71%)