



## My Favorite Fried Rice



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



349 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 3 tablespoons canola oil
- 0.3 teaspoon granulated chicken bouillon
- 4 cups rice white cooked
- 2 eggs beaten
- 1 tablespoon garlic minced
- 5 green onions sliced
- 0.5 juice of lime juiced
- 1 pinch freshly parsley leaves chopped

- 1 teaspoon freshly cracked pepper black
- 2 jalapeños red minced seeded
- 1 pinch salt
- 2 tablespoons worcestershire sauce

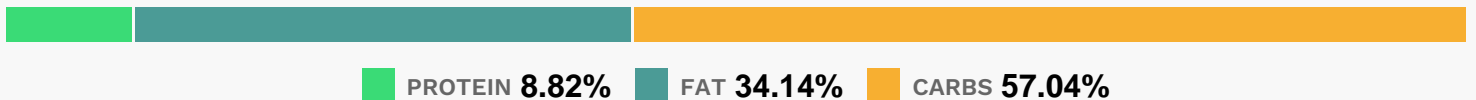
## Equipment

- bowl
- frying pan
- wok

## Directions

- In a large saute pan or wok over medium-high heat, add the oil.
- Add jalapenos, onions and garlic, and saute until fragrant, about 1 to 2 minutes.
- Add the eggs and scramble until firm, about 2 minutes
- Add the rice and combine until well coated with the oil and vegetables, about 2 to 3 minutes. Stir in Worcestershire sauce, bouillon, salt, pepper and parsley.
- Sprinkle with the lime juice and combine well.
- Transfer to a serving bowl and serve.

## Nutrition Facts



## Properties

Glycemic Index:70, Glycemic Load:48.53, Inflammation Score:-4, Nutrition Score:11.889130467954%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

## Nutrients (% of daily need)

Calories: 349.1kcal (17.45%), Fat: 13.13g (20.19%), Saturated Fat: 1.6g (10%), Carbohydrates: 49.33g (16.44%), Net Carbohydrates: 48.01g (17.46%), Sugar: 1.82g (2.02%), Cholesterol: 81.84mg (27.28%), Sodium: 157.93mg (6.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.26%), Manganese: 0.89mg (44.37%), Vitamin K: 44.64µg (42.52%), Selenium: 19.09µg (27.27%), Vitamin C: 16.07mg (19.47%), Vitamin E: 2.29mg (15.24%), Phosphorus: 129.69mg (12.97%), Vitamin B6: 0.26mg (12.84%), Vitamin B5: 1mg (10.03%), Vitamin B2: 0.15mg (9.06%), Copper: 0.18mg (8.87%), Iron: 1.55mg (8.6%), Zinc: 1.19mg (7.9%), Vitamin A: 367.55IU (7.35%), Magnesium: 29.1mg (7.28%), Folate: 27.87µg (6.97%), Potassium: 238.06mg (6.8%), Calcium: 55.72mg (5.57%), Fiber: 1.32g (5.28%), Vitamin B3: 0.9mg (4.51%), Vitamin B1: 0.07mg (4.36%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)