



Nasi Goreng (Fried Rice)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons canola oil
- ☐ 2 cups chicken breast diced cooked
- ☐ 3 cups rice cooked
- ☐ 0.5 cup cucumber diced
- ☐ 2 teaspoons fish sauce
- ☐ 4 garlic cloves minced
- ☐ 2 teaspoons soya sauce low-sodium
- ☐ 0.3 teaspoon salt

- ☐ 1 tablespoons serrano chile minced
- ☐ 0.3 cup shallots minced (3)
- ☐ 12 ounces shrimp diced cooked
- ☐ 0.5 cup tomatoes diced
- ☐ 1 tablespoon sambal oelek with garlic)

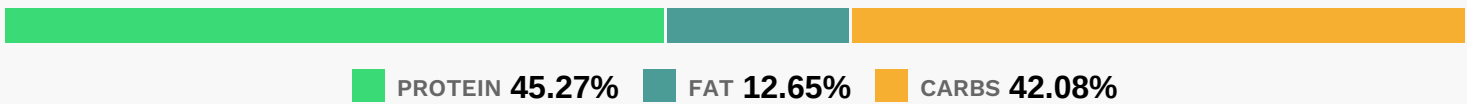
Equipment

- ☐ frying pan

Directions

- ☐ Heat canola oil in a large nonstick skillet over medium-high heat.
- ☐ Add shallots and chile to pan; saut 2 minutes or until the shallots are lightly browned.
- ☐ Add chile paste, fish sauce, soy sauce, salt, and garlic to the pan; cook for 1 minute or until the sauce becomes fragrant.
- ☐ Add diced chicken, shrimp, and rice to the pan, stirring to coat with sauce. Cook for 2 minutes or until thoroughly heated, stirring occasionally.
- ☐ Place about 1 1/2 cups rice on each of 4 plates, and sprinkle each serving with 2 tablespoons cucumber and 2 tablespoons tomato.

Nutrition Facts



Properties

Glycemic Index:55.5, Glycemic Load:37.18, Inflammation Score:-4, Nutrition Score:16.519565301097%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 391.35kcal (19.57%), Fat: 5.4g (8.31%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 40.42g (13.47%), Net Carbohydrates: 38.73g (14.09%), Sugar: 2.98g (3.31%), Cholesterol: 196.43mg (65.48%), Sodium: 630.34mg (27.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 43.48g (86.97%), Vitamin B3: 10.47mg (52.34%), Phosphorus: 424.86mg (42.49%), Selenium: 29.23µg (41.76%), Manganese: 0.77mg (38.26%), Vitamin B6: 0.7mg (34.99%), Copper: 0.51mg (25.53%), Magnesium: 81.49mg (20.37%), Potassium: 633.38mg (18.1%), Zinc: 2.64mg (17.57%), Vitamin B5: 1.29mg (12.88%), Iron: 1.9mg (10.58%), Calcium: 97.03mg (9.7%), Vitamin C: 7.91mg (9.59%), Vitamin B1: 0.11mg (7.3%), Vitamin B2: 0.12mg (7.27%), Fiber: 1.68g (6.73%), Folate: 22.15µg (5.54%), Vitamin E: 0.75mg (4.99%), Vitamin K: 5µg (4.76%), Vitamin A: 225.83IU (4.52%), Vitamin B12: 0.25µg (4.21%)