



 **6%**
HEALTH SCORE

OAMC Chicken Fried Rice

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

READY IN



45 min.

SERVINGS



10

CALORIES



398 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 cups chicken chopped
- 2 chicken stock cube
- 6 eggs
- 3 tablespoons garlic minced
- 4 cups jasmine rice
- 3 tablespoons onion minced
- 10 ounce peas frozen
- 1 cup soya sauce

8 cups water

Equipment

Nutrition Facts



Properties

Glycemic Index:17.75, Glycemic Load:37.15, Inflammation Score:-5, Nutrition Score:14.171304347826%

Flavonoids

Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 398.29kcal (19.91%), Fat: 6.53g (10.04%), Saturated Fat: 1.95g (12.18%), Carbohydrates: 65.95g (21.98%), Net Carbohydrates: 63.08g (22.94%), Sugar: 2.48g (2.75%), Cholesterol: 114.58mg (38.19%), Sodium: 1554.74mg (67.6%), Protein: 16.93g (33.86%), Manganese: 1.09mg (54.69%), Selenium: 23.68µg (33.83%), Phosphorus: 235.91mg (23.59%), Vitamin B3: 4.23mg (21.14%), Vitamin B6: 0.37mg (18.53%), Copper: 0.31mg (15.6%), Vitamin B2: 0.26mg (15.44%), Vitamin C: 12.67mg (15.35%), Vitamin B5: 1.49mg (14.92%), Zinc: 1.94mg (12.9%), Iron: 2.27mg (12.63%), Magnesium: 47.88mg (11.97%), Fiber: 2.86g (11.46%), Vitamin B1: 0.17mg (11.43%), Folate: 43.13µg (10.78%), Potassium: 297.37mg (8.5%), Vitamin A: 390.1IU (7.8%), Vitamin K: 7.56µg (7.2%), Calcium: 61.83mg (6.18%), Vitamin B12: 0.3µg (5.08%), Vitamin D: 0.57µg (3.81%), Vitamin E: 0.47mg (3.11%)