



 **37%**
HEALTH SCORE

Om Rice

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

READY IN



45 min.

SERVINGS



5

CALORIES



650 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup carrots finely chopped
- 0.5 teaspoon sesame oil dark
- 1 teaspoon sesame oil dark
- 2 teaspoons sesame oil dark
- 4 large egg whites lightly beaten
- 3 large eggs lightly beaten
- 2 teaspoons ginger fresh minced peeled
- 4 garlic clove minced

- 0.8 cup spring onion chopped
- 0.5 teaspoon kosher salt
- 1 teaspoon soy sauce low-sodium
- 3 tablespoons soy sauce low-sodium
- 8 ounces pork loin chops boneless trimmed cut into 1/2-inch cubes
- 0.5 cup bell pepper red chopped
- 1 cup mushroom caps sliced
- 3 cups short grain rice cold cooked
- 1 teaspoon chili paste depending on your taste pref
- 2 teaspoons chili paste depending on your taste pref
- 1 tablespoon vegetable oil
- 1 cup zucchini chopped

Equipment

- frying pan
- paper towels
- whisk
- ziploc bags
- wok
- wax paper
- spatula

Directions

- To prepare pork, combine first 4 ingredients in a small zip-top plastic bag. Seal and marinate in refrigerator 30 minutes.
- Heat a large nonstick skillet or wok coated with cooking spray over medium-high heat.
- Add pork mixture; stir-fry 2 minutes or until pork loses its pink color.
- Remove pork from pan. Cover and keep warm.

- To prepare rice, combine 3 tablespoons soy sauce, 2 teaspoons sambal oelek, and 2 teaspoons sesame oil, stirring with a whisk; set aside.
- Heat vegetable oil in pan over medium-high heat.
- Add ginger and garlic; stir-fry 30 seconds.
- Add carrot; stir-fry 1 minute.
- Add mushrooms, zucchini, onions, and bell pepper; stir-fry 3 minutes.
- Add rice; stir-fry 2 minutes or until thoroughly heated.
- Drizzle soy sauce mixture over rice mixture; stir well to combine. Cover and keep warm.
- To prepare crepes, combine 1 teaspoon sesame oil, salt, eggs, and egg whites, stirring mixture with a whisk.
- Heat an 8-inch nonstick skillet coated with cooking spray over medium-high heat.
- Pour about 1/4 cup egg mixture into pan; quickly tilt pan in all directions so the egg mixture covers pan with a thin film. Cook about 1 minute. Carefully lift the edge of crepe with a spatula to test for doneness. Turn crepe over when it can be shaken loose from the pan and the underside is lightly browned; cook 30 seconds on the other side.
- Place crepe on a towel. Repeat procedure until all of the egg mixture is used. Stack crepes between single layers of wax paper or paper towels to prevent sticking.
- Spoon about 1 cup rice mixture down center of each of 5 plates. Top each serving with a crepe; tuck edges of crepe under rice mixture. (The dish will look like a burrito.)

Nutrition Facts

■ PROTEIN **17.03%** ■ FAT **17.78%** ■ CARBS **65.19%**

Properties

Glycemic Index:56.97, Glycemic Load:76.69, Inflammation Score:-9, Nutrition Score:33.956955909729%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 649.59kcal (32.48%), Fat: 12.64g (19.44%), Saturated Fat: 3.08g (19.22%), Carbohydrates: 104.23g (34.74%), Net Carbohydrates: 98.46g (35.8%), Sugar: 3.63g (4.04%), Cholesterol: 141.99mg (47.33%), Sodium: 738.12mg (32.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.23g (54.46%), Folate: 326.98µg (81.74%), Manganese: 1.54mg (77.2%), Selenium: 50.79µg (72.56%), Vitamin B1: 1.04mg (69.6%), Vitamin B3: 10.95mg (54.76%), Vitamin B6: 0.87mg (43.69%), Vitamin A: 1904.85IU (38.1%), Phosphorus: 374.68mg (37.47%), Vitamin K: 39.24µg (37.37%), Iron: 6.65mg (36.92%), Vitamin C: 27.98mg (33.91%), Vitamin B2: 0.57mg (33.81%), Vitamin B5: 3.24mg (32.39%), Fiber: 5.78g (23.1%), Zinc: 3.19mg (21.29%), Copper: 0.42mg (20.93%), Potassium: 701.68mg (20.05%), Magnesium: 73.58mg (18.4%), Vitamin B12: 0.53µg (8.85%), Vitamin E: 1.08mg (7.2%), Vitamin D: 0.96µg (6.41%), Calcium: 52.65mg (5.26%)