



Omurice Recipe

 Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



563 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 150 grams chicken breast (cut into 1/2-inch dice)
- ☐ 1 teaspoon soya sauce
- ☐ 1 tablespoon vegetable oil
- ☐ 100 grams onion (finely minced (-))
- ☐ 2 cups rice (white loosely packed cooked)
- ☐ 2 tablespoons catsup
- ☐ 1 tablespoon oyster sauce
- ☐ 2 servings pepper (black to taste)

- ☐ 3 eggs
- ☐ 1 tablespoon cup heavy whipping cream
- ☐ 1 pinch salt
- ☐ 1 tablespoon butter

Equipment

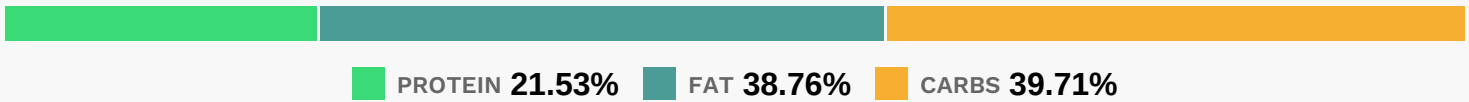
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Steps
- ☐ For Chicken Rice
- ☐ Marinate the chicken in the soy sauce while you prepare all the other ingredients.
- ☐ Break the eggs into a bowl along with the cream and salt.
- ☐ Whisk together until the mixture is uniform in color.
- ☐ Add the vegetable oil and onions to a frying pan over medium-high heat and saute the onions until they're tender and just starting to brown.
- ☐ Add the chicken and stir-fry until you don't see any raw sides anymore.
- ☐ Add the rice, and break it up with a spatula so that it heats through evenly.
- ☐ Once the rice has been warmed through, add the ketchup and oyster sauce, and stir-fry until the rice is an even color and the ketchup is just starting to caramelize. Season with black pepper to taste.
- ☐ Plate the rice. You can use a bowl as a mold to give it a round or oval shape.
- ☐ For Omelette
- ☐ Heat a small 8-inch non-stick frying pan over medium heat until moderately hot.
- ☐ Add the butter and swirl to melt and coat the pan evenly.
- ☐ Add the eggs, and cook until the bottom layer of eggs are set (the bottom will start turning opaque).

- ☐
- Gently stir the eggs, while shaking the pan to resettle the uncooked egg.
- ☐
- Turn up the heat to high for a few seconds to make the egg easier to slide out of the pan (the egg should slide around the pan easily when shaken).
- ☐
- Position the pan over the plated rice and gently slide the egg out of the pan onto the rice.
- ☐
- Garnish with ketchup and parsley to taste.

Nutrition Facts



Properties

Glycemic Index:116.5, Glycemic Load:48.89, Inflammation Score:-6, Nutrition Score:21.140869368678%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg, Isorhamnetin: 2.51mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 10.28mg, Quercetin: 10.28mg, Quercetin: 10.28mg, Quercetin: 10.28mg

Nutrients (% of daily need)

Calories: 562.87kcal (28.14%), Fat: 23.94g (36.83%), Saturated Fat: 9g (56.26%), Carbohydrates: 55.19g (18.4%), Net Carbohydrates: 53.59g (19.49%), Sugar: 5.91g (6.57%), Cholesterol: 317.05mg (105.68%), Sodium: 800.06mg (34.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.91g (59.83%), Selenium: 57.19µg (81.7%), Vitamin B6: 0.92mg (45.76%), Vitamin B3: 9.04mg (45.18%), Manganese: 0.89mg (44.37%), Phosphorus: 386.59mg (38.66%), Vitamin B5: 2.81mg (28.06%), Vitamin B2: 0.47mg (27.53%), Potassium: 560.39mg (16.01%), Vitamin A: 742.58IU (14.85%), Zinc: 2.22mg (14.78%), Magnesium: 55.73mg (13.93%), Vitamin K: 14.4µg (13.71%), Vitamin B12: 0.8µg (13.3%), Folate: 52.03µg (13.01%), Vitamin E: 1.92mg (12.78%), Copper: 0.23mg (11.42%), Iron: 2.01mg (11.19%), Vitamin D: 1.51µg (10.1%), Vitamin B1: 0.14mg (9.02%), Calcium: 80.82mg (8.08%), Fiber: 1.6g (6.41%), Vitamin C: 5.27mg (6.39%)