



Owen's Chicken Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



754 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 mushroom caps dried soft
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.5 slice ginger root fresh chopped
- ☐ 3 tablespoons green onion thinly sliced
- ☐ 1 teaspoon salt
- ☐ 8 ounces sausages chinese-style
- ☐ 2 tablespoons sesame oil
- ☐ 1 tablespoon soya sauce dark

- ☐ 2.5 cups water boiling
- ☐ 3 cups rice long-grain white

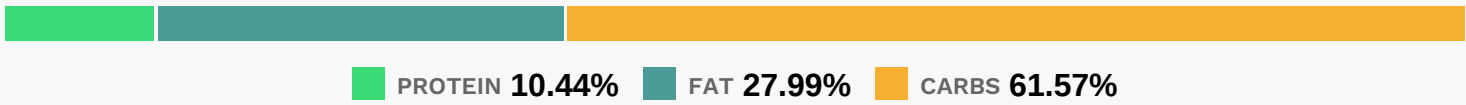
Equipment

- ☐ wok
- ☐ rice cooker

Directions

- ☐ Marinate the chicken and sausages in the soy sauce and 1 teaspoon salt and set aside.
- ☐ Heat sesame oil in a large, nonstick wok. Stir fry the ginger until fragrant.
- ☐ Add the sausages and chicken and stir fry until brown.
- ☐ Add the mushrooms and fry for another 3 minutes. Stir in the rice and season with salt and pepper.
- ☐ Transfer the mixture to a rice cooker and add water. When rice is cooked, garnish with chopped coriander and spring onions.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:45.8, Glycemic Load:66.88, Inflammation Score:-3, Nutrition Score:16.15608695279%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 753.97kcal (37.7%), Fat: 23g (35.39%), Saturated Fat: 6.24g (39%), Carbohydrates: 113.83g (37.94%), Net Carbohydrates: 111.51g (40.55%), Sugar: 0.42g (0.47%), Cholesterol: 40.82mg (13.61%), Sodium: 1208.96mg (52.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.3g (38.6%), Manganese: 1.58mg (79.04%), Selenium: 22.4µg (32%), Vitamin B3: 5.52mg (27.58%), Copper: 0.53mg (26.64%), Phosphorus: 252.67mg (25.27%), Vitamin B5: 2.47mg (24.66%), Vitamin B6: 0.44mg (22.13%), Zinc: 3.03mg (20.19%), Vitamin B1: 0.27mg (17.83%), Magnesium: 50.96mg (12.74%), Vitamin K: 11.56µg (11.01%), Iron: 1.98mg (10.98%), Vitamin B2: 0.19mg (10.96%),

Potassium: 370.88mg (10.6%), Fiber: 2.32g (9.26%), Vitamin B12: 0.48µg (8.03%), Vitamin D: 0.85µg (5.69%), Calcium: 53.46mg (5.35%), Folate: 20.46µg (5.12%), Vitamin E: 0.39mg (2.61%), Vitamin A: 107.63IU (2.15%), Vitamin C: 1.44mg (1.75%)