



Pork and Edamame Fried Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



314 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 3 tablespoons canola oil divided
- ☐ 0.5 cup preshredded carrot
- ☐ 2 tablespoons dry-roasted peanuts unsalted
- ☐ 0.5 cup edamame green shelled (soybeans)
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon ginger fresh peeled chopped

- ☐ 3 garlic cloves minced
- ☐ 0.8 cup diagonally cut green onions
- ☐ 6 ounces pork tenderloin trimmed cut into thin strips
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 0.5 cup bell pepper red cut in half ()
- ☐ 3.5 ounce boil-in-bag rice long-grain
- ☐ 0.5 teaspoon salt
- ☐ 1.5 tablespoons seasoned rice vinegar
- ☐ 1 tablespoon thai chili sauce (such as Sriracha)

Equipment

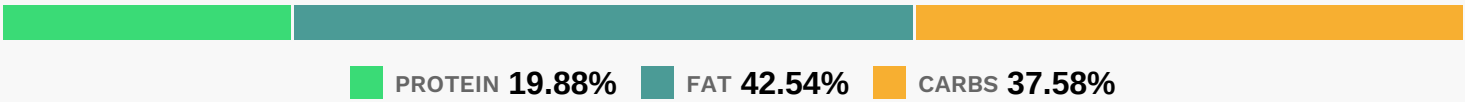
- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Cook rice according to package directions; set aside.
- ☐ Heat 1/2 teaspoon oil in a wok or large nonstick skillet over medium-high heat.
- ☐ Add ginger and garlic; saut 1 minute.
- ☐ Add pork; saut 3 minutes or until pork loses its pink color.
- ☐ Place pork mixture in a large bowl; cover and keep warm.
- ☐ Add 1 teaspoon oil to pan.
- ☐ Add edamame and carrot; saut 2 minutes.
- ☐ Add onions and bell pepper; saut 2 minutes.
- ☐ Add carrot mixture to pork mixture in bowl; keep warm.
- ☐ Heat remaining 2 1/2 tablespoons oil in pan.
- ☐ Add cooked rice and soy sauce to pan; saut 3 minutes. Return pork mixture to pan. Stir in broth and next 5 ingredients (through black pepper); cook 2 minutes or until thoroughly heated. Spoon 1 1/2 cups fried rice mixture onto each of 4 individual plates; top each serving

with 1 1/2 teaspoons peanuts.

Nutrition Facts



Properties

Glycemic Index:82.75, Glycemic Load:13.23, Inflammation Score:-9, Nutrition Score:19.060000266718%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg, Quercetin: 2.22mg

Nutrients (% of daily need)

Calories: 313.9kcal (15.7%), Fat: 14.9g (22.92%), Saturated Fat: 1.53g (9.54%), Carbohydrates: 29.61g (9.87%), Net Carbohydrates: 26.5g (9.64%), Sugar: 3.15g (3.49%), Cholesterol: 27.64mg (9.21%), Sodium: 806.05mg (35.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.67g (31.34%), Vitamin A: 3482.93IU (69.66%), Vitamin K: 50.41µg (48.01%), Vitamin C: 29.75mg (36.06%), Vitamin B1: 0.5mg (33.49%), Manganese: 0.57mg (28.36%), Selenium: 18.44µg (26.34%), Vitamin B6: 0.53mg (26.29%), Vitamin B3: 4.77mg (23.83%), Phosphorus: 193.21mg (19.32%), Vitamin E: 2.58mg (17.19%), Potassium: 532.46mg (15.21%), Vitamin B2: 0.23mg (13.73%), Fiber: 3.11g (12.44%), Magnesium: 41.89mg (10.47%), Iron: 1.88mg (10.45%), Zinc: 1.44mg (9.62%), Folate: 36.44µg (9.11%), Copper: 0.18mg (8.97%), Vitamin B5: 0.88mg (8.77%), Calcium: 59.27mg (5.93%), Vitamin B12: 0.27µg (4.56%)