



Pork Fried Rice

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

READY IN



16 min.

SERVINGS



4

CALORIES



341 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup matchstick-cut carrots
- 0.3 teaspoon pepper black
- 2 teaspoons bottled garlic minced
- 4 cups brown rice chilled cooked
- 0.3 teaspoon pepper red crushed
- 2 teaspoons sesame oil dark
- 1 large eggs lightly beaten
- 0.5 cup green onions sliced

- 2 tablespoons soya sauce low-sodium
- 0.5 pound pre-marinated teriyaki pork tenderloin cut into thin strips
- 1 tablespoon water

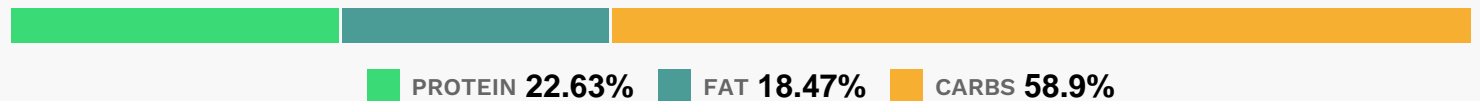
Equipment

- frying pan

Directions

- Heat oil in a large nonstick skillet over high heat.
- Add pork, and stir-fry 3 to 4 minutes or just until done.
- Add carrot and next 4 ingredients; stir-fry 2 minutes.
- Add cooked rice; stir-fry 2 minutes or until thoroughly heated. Push rice mixture to sides of pan, forming a well in center.
- Add egg to center of pan, and cook 30 seconds; toss with rice mixture, and stir-fry until egg is cooked. Stir in soy sauce and water; cook until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:36.55, Glycemic Load:22.54, Inflammation Score:-9, Nutrition Score:23.196521945622%

Flavonoids

Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 340.55kcal (17.03%), Fat: 6.91g (10.63%), Saturated Fat: 1.68g (10.53%), Carbohydrates: 49.59g (16.53%), Net Carbohydrates: 45.1g (16.4%), Sugar: 1.17g (1.3%), Cholesterol: 83.35mg (27.78%), Sodium: 354.35mg (15.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.05g (38.1%), Manganese: 2.29mg (114.43%), Vitamin B1: 0.78mg (52.07%), Vitamin A: 2437.63IU (48.75%), Vitamin B6: 0.82mg (40.84%), Phosphorus: 339.46mg (33.95%), Vitamin B3: 6.63mg (33.15%), Selenium: 21.66µg (30.95%), Magnesium: 113.29mg (28.32%), Vitamin K: 28.07µg (26.73%), Vitamin B2: 0.31mg (18.28%), Fiber: 4.48g (17.93%), Zinc: 2.61mg (17.37%), Vitamin B5: 1.55mg (15.47%),

Potassium: 508.83mg (14.54%), Copper: 0.26mg (12.93%), Iron: 2.31mg (12.85%), Folate: 29.65µg (7.41%), Vitamin B12: 0.41µg (6.77%), Calcium: 52.03mg (5.2%), Vitamin C: 3.55mg (4.3%), Vitamin E: 0.44mg (2.91%), Vitamin D: 0.42µg (2.8%)