



Pork Fried Rice

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



485 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup asian sesame dressing toasted kraft
- 2 eggs beaten
- 1.5 cups chicken broth fat-free reduced-sodium
- 4 green onions sliced
- 1.5 cups brown rice instant uncooked
- 2 tsp oil divided
- 2 cups peas frozen
- 1 lb pork chops boneless cut into bite-size pieces

Equipment

- bowl
- frying pan
- microwave

Directions

- Combine rice and broth in microwaveable bowl; cover. Microwave on HIGH 5 min.
- Let stand 5 min. or until liquid is absorbed.
- Meanwhile, heat 1 tsp. oil in large nonstick skillet on medium-high heat.
- Add eggs; cook and stir 2 min. or until eggs are set but still moist.
- Remove from skillet; cover to keep warm.
- Cook meat in remaining oil in same skillet 5 min. or until done, stirring occasionally.
- Add peas, onions and dressing; mix well. Stir in rice and eggs; cook 2 min. or until heated through, stirring occasionally.

Nutrition Facts

PROTEIN 29.17% **FAT 37.76%** **CARBS 33.07%**

Properties

Glycemic Index:19.08, Glycemic Load:2.98, Inflammation Score:-8, Nutrition Score:30.83652214382%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 484.86kcal (24.24%), Fat: 20.04g (30.82%), Saturated Fat: 4.71g (29.41%), Carbohydrates: 39.49g (13.16%), Net Carbohydrates: 34.28g (12.46%), Sugar: 5.92g (6.57%), Cholesterol: 157.82mg (52.61%), Sodium: 598.85mg (26.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.82g (69.65%), Selenium: 59.79µg (85.41%), Vitamin B1: 1.27mg (84.61%), Vitamin B3: 13.39mg (66.94%), Vitamin B6: 1.04mg (52.09%), Vitamin K: 53.27µg (50.74%), Phosphorus: 435.78mg (43.58%), Folate: 154.68µg (38.67%), Vitamin C: 31.26mg (37.89%),

Manganese: 0.66mg (32.88%), Vitamin B2: 0.44mg (26.03%), Iron: 4.44mg (24.67%), Zinc: 3.48mg (23.21%), Fiber: 5.21g (20.85%), Potassium: 722.13mg (20.63%), Vitamin B12: 0.97µg (16.12%), Vitamin A: 803.23IU (16.06%), Magnesium: 63.81mg (15.95%), Vitamin B5: 1.49mg (14.88%), Copper: 0.29mg (14.51%), Vitamin E: 1.73mg (11.51%), Calcium: 60.49mg (6.05%), Vitamin D: 0.89µg (5.96%)