



 **13%**  
HEALTH SCORE

## Pork Fried Rice

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

READY IN



**15 min.**

SERVINGS



**4**

CALORIES



**587 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 2 tablespoons vegetable oil
- 2 eggs lightly beaten
- 2 tablespoons soya sauce
- 1 garlic clove minced
- 1 tablespoon ginger fresh minced peeled
- 1 bunch spring onion white green separated thinly sliced
- 0.5 pound ground pork
- 2 carrots shredded

- 0.5 cup peas frozen
- 2 cups rice white cooked uncooked ()
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- 2 cups rice white cooked uncooked ()
- 2 tablespoons rice vinegar

## Equipment

- bowl
- frying pan
- wooden spoon
- wok
- spatula

## Directions

- In a wok or large nonstick skillet, heat 1 tablespoon oil over high. Meanwhile, in a small bowl, lightly beat eggs with 1/4 teaspoon soy sauce to combine.
- Add eggs to wok and swirl to coat bottom of pan. Cook, without stirring, until almost set, 1 minute, then fold in thirds with a spatula.
- Transfer cooked eggs to a work surface and cut into 1/2-inch pieces.
- Add 1 tablespoon oil to wok and swirl to coat.
- Add garlic, ginger, and scallion whites and cook, stirring constantly, until fragrant, 30 seconds.
- Add pork and cook, breaking up meat with a wooden spoon, until just cooked through, about 3 minutes.
- Add carrots, peas, and rice and stir to combine.
- Add cooked egg, 2 tablespoons soy sauce, and vinegar and cook, stirring constantly, until rice is coated, about 1 minute.
- Let cook, undisturbed, until warm, about 1 minute. Top with scallion greens and serve.

## Nutrition Facts



■ PROTEIN 14.66% ■ FAT 33.98% ■ CARBS 51.36%

## Properties

Glycemic Index:140.04, Glycemic Load:73.67, Inflammation Score:-10, Nutrition Score:23.705652173913%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 587.25kcal (29.36%), Fat: 21.75g (33.47%), Saturated Fat: 6.4g (40%), Carbohydrates: 73.96g (24.65%), Net Carbohydrates: 70.84g (25.76%), Sugar: 3.01g (3.34%), Cholesterol: 122.66mg (40.89%), Sodium: 591.53mg (25.72%), Protein: 21.12g (42.24%), Vitamin A: 5416.64IU (108.33%), Manganese: 1.32mg (66.19%), Selenium: 39.1µg (55.86%), Vitamin B1: 0.55mg (36.68%), Vitamin K: 33.53µg (31.93%), Phosphorus: 290.93mg (29.09%), Vitamin B6: 0.58mg (29.07%), Vitamin B3: 4.51mg (22.54%), Zinc: 3.07mg (20.45%), Vitamin B2: 0.33mg (19.18%), Vitamin B5: 1.79mg (17.89%), Magnesium: 57.31mg (14.33%), Copper: 0.27mg (13.72%), Potassium: 463.93mg (13.26%), Vitamin C: 10.9mg (13.21%), Fiber: 3.11g (12.46%), Iron: 2.05mg (11.37%), Folate: 43.54µg (10.88%), Vitamin B12: 0.59µg (9.88%), Vitamin E: 1.15mg (7.63%), Calcium: 66.79mg (6.68%), Vitamin D: 0.44µg (2.93%)