



Pork Fried Rice



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 3 ounces mushrooms sliced
- ☐ 1 cup bean sprouts
- ☐ 4 spring onion sliced
- ☐ 3 cups rice cold cooked
- ☐ 1 cup pork cooked
- ☐ 2 eggs slightly beaten
- ☐ 0.8 cup peas green frozen thawed

- ☐ 2 tablespoons soya sauce
- ☐ 1 Dash pepper

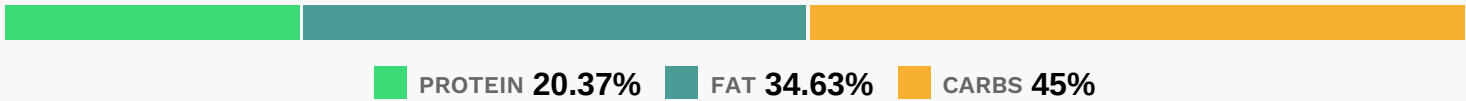
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat wok or 10-inch skillet over medium heat until hot.
- ☐ Add 1 tablespoon of the oil; rotate wok to coat side.
- ☐ Add mushroom; stir-fry 1 minute.
- ☐ Add bean sprouts, onions, rice and pork; stir-fry about 5 minutes, breaking up rice, until hot.
- ☐ Push rice mixture to side of wok; add remaining 1 tablespoon oil to wok.
- ☐ Add eggs; cook and stir over medium heat until eggs are thickened throughout but still moist. Stir eggs into rice mixture.
- ☐ Stir in peas, soy sauce and pepper. Cook until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:44.06, Glycemic Load:24.88, Inflammation Score:-4, Nutrition Score:12.086521594421%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 244.7kcal (12.23%), Fat: 9.37g (14.41%), Saturated Fat: 2.32g (14.5%), Carbohydrates: 27.39g (9.13%), Net Carbohydrates: 25.33g (9.21%), Sugar: 2.41g (2.67%), Cholesterol: 74.81mg (24.94%), Sodium: 377.59mg (16.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.4g (24.8%), Vitamin K: 35.18µg (33.51%), Selenium: 20.69µg (29.55%), Manganese: 0.54mg (27.06%), Phosphorus: 164.65mg (16.46%), Vitamin B2: 0.28mg (16.38%), Vitamin B1: 0.25mg (16.35%), Vitamin C: 11.47mg (13.91%), Zinc: 1.94mg (12.93%), Vitamin B3: 2.59mg (12.93%), Vitamin B6:

0.25mg (12.36%), Copper: 0.21mg (10.67%), Folate: 41.36µg (10.34%), Vitamin B5: 1.01mg (10.05%), Iron: 1.51mg (8.39%), Fiber: 2.06g (8.25%), Potassium: 275.89mg (7.88%), Magnesium: 30.67mg (7.67%), Vitamin A: 302.92IU (6.06%), Vitamin B12: 0.33µg (5.5%), Vitamin E: 0.7mg (4.66%), Vitamin D: 0.55µg (3.64%), Calcium: 34.41mg (3.44%)