



WHATSheATE



Quick and Easy Pork Fried Rice



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



497 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 17 ounce precooked basmati rice
- ☐ 1 pound boston butt pork shoulder boneless trimmed thinly sliced into 1-inch pieces (Boston butt)
- ☐ 1 tablespoon sriracha
- ☐ 1 cup edamame frozen shelled
- ☐ 1 large eggs lightly beaten
- ☐ 0.7 cup green onions divided thinly sliced
- ☐ 1.5 teaspoons hoisin sauce
- ☐ 0.3 cup lower-sodium soy sauce

- ☐ 2 tablespoons vegetable oil; peanut oil preferred divided
- ☐ 1.5 cups bell pepper red chopped

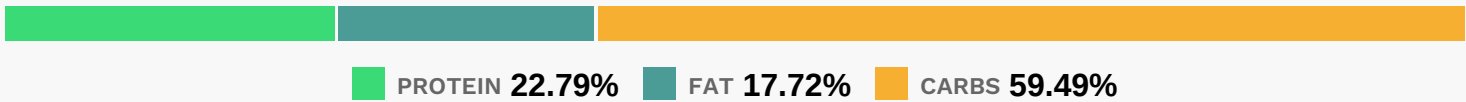
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat rice according to package directions.
- ☐ Combine soy sauce, chili garlic sauce, and hoisin in a bowl.
- ☐ Heat a wok or large skillet over high heat.
- ☐ Add 1 tablespoon oil; swirl to coat.
- ☐ Add pork to pan in a single layer; cook 2 minutes, without stirring. Stir-fry pork for 4 minutes or until done.
- ☐ Add pork to soy sauce mixture; toss to coat.
- ☐ Add egg to pan; cook 45 seconds or until set.
- ☐ Remove egg from pan; cut into bite-sized pieces.
- ☐ Add remaining 1 tablespoon oil to pan; swirl to coat.
- ☐ Add bell pepper, edamame, and 1/2 cup onions; stir-fry 1 minute.
- ☐ Add rice; stir-fry 2 minutes.
- ☐ Add pork and soy sauce mixture; cook 1 minute, stirring constantly. Top rice mixture with egg and remaining onions.

Nutrition Facts



Properties

Glycemic Index:20.86, Glycemic Load:39.29, Inflammation Score:-8, Nutrition Score:23.729130283646%

Flavonoids

Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 497.14kcal (24.86%), Fat: 9.58g (14.74%), Saturated Fat: 2.04g (12.76%), Carbohydrates: 72.36g (24.12%), Net Carbohydrates: 69.03g (25.1%), Sugar: 3.43g (3.82%), Cholesterol: 76.39mg (25.46%), Sodium: 597.84mg (25.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.72g (55.43%), Vitamin C: 49.77mg (60.33%), Manganese: 0.99mg (49.7%), Selenium: 34.37µg (49.1%), Vitamin B3: 9.11mg (45.53%), Vitamin B6: 0.82mg (41.23%), Vitamin B1: 0.58mg (38.51%), Phosphorus: 313.81mg (31.38%), Vitamin B2: 0.5mg (29.25%), Vitamin A: 1322.14IU (26.44%), Vitamin K: 24.97µg (23.78%), Potassium: 648.82mg (18.54%), Vitamin B5: 1.85mg (18.46%), Zinc: 2.68mg (17.88%), Iron: 2.61mg (14.48%), Magnesium: 55mg (13.75%), Fiber: 3.33g (13.33%), Copper: 0.26mg (13.11%), Vitamin B12: 0.73µg (12.2%), Vitamin E: 1.66mg (11.1%), Folate: 39.49µg (9.87%), Calcium: 66.9mg (6.69%), Vitamin D: 0.17µg (1.11%)