



Rainbow Fried Rice

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



268 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon canola oil
- 4 cups rice long-grain chilled cooked
- 1 teaspoon sesame oil dark
- 2 large eggs lightly beaten
- 0.5 cup green onions minced
- 2 cups iceberg lettuce shredded
- 3 tablespoons soya sauce low-sodium
- 0.5 cup peas green frozen thawed

- 1 cup roast pork chinese-style chopped
- 0.3 teaspoon salt
- 0.1 teaspoon pepper white
- 0.8 cup onion yellow minced

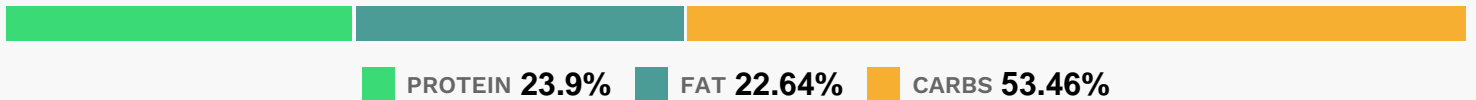
Equipment

- frying pan

Directions

- Heat canola oil in a large nonstick skillet over medium-high heat.
- Add eggs; stir-fry for 1 minute or until done.
- Remove from pan.
- Add yellow onion to pan; saut 2 minutes or until translucent. Stir in Chinese-Style Roast Pork; stir-fry 2 minutes over medium-high heat.
- Add rice and soy sauce; stir-fry 2 minutes. Return eggs to pan; cook 1 minute. Stir in iceberg lettuce, green peas, salt, and white pepper; stir-fry 1 minute.
- Sprinkle with green onions, and drizzle with sesame oil.

Nutrition Facts



Properties

Glycemic Index:40.72, Glycemic Load:33.02, Inflammation Score:-5, Nutrition Score:12.930869475655%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg, Quercetin: 5.29mg

Nutrients (% of daily need)

Calories: 267.83kcal (13.39%), Fat: 6.62g (10.19%), Saturated Fat: 1.39g (8.68%), Carbohydrates: 35.2g (11.73%), Net Carbohydrates: 33.18g (12.07%), Sugar: 2.35g (2.62%), Cholesterol: 86.84mg (28.95%), Sodium: 434.08mg (18.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.73g (31.47%), Selenium: 24.37µg (34.82%), Manganese: 0.66mg (32.96%), Vitamin K: 27.92µg (26.59%), Vitamin B6: 0.5mg (24.82%), Phosphorus: 207.1mg (20.71%), Vitamin B1: 0.26mg (17.43%), Vitamin B3: 3.14mg (15.7%), Vitamin B2: 0.22mg (12.76%), Zinc: 1.76mg (11.71%), Vitamin B5: 1.05mg (10.51%), Vitamin C: 8.56mg (10.38%), Potassium: 351.07mg (10.03%), Magnesium: 39.79mg (9.95%), Folate: 38.47µg (9.62%), Fiber: 2.02g (8.09%), Vitamin A: 386.4IU (7.73%), Copper: 0.15mg (7.7%), Iron: 1.27mg (7.06%), Vitamin B12: 0.35µg (5.82%), Vitamin E: 0.83mg (5.52%), Calcium: 42.35mg (4.23%), Vitamin D: 0.49µg (3.27%)