

Roasted Garlic Teriyaki Fried Rice with Chicken

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 carrots julienned
- ☐ 4 cups rice cold cooked
- ☐ 1 eggs beaten
- ☐ 3 green onions and tops chopped
- ☐ 3 tablespoons kikkoman roasted garlic teriyaki marinade & sauce
- ☐ 0.5 pound chicken breasts boneless skinless
- ☐ 2 tablespoons vegetable oil

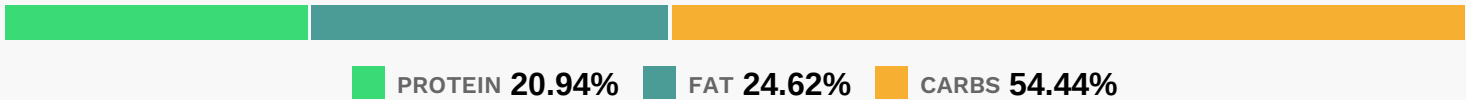
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Cut chicken into thin strips.
- ☐ Heat oil in hot wok or large skillet over high heat.
- ☐ Add chicken, green onions and carrot. Stir-fry 3 minutes, or until chicken is thoroughly cooked.
- ☐ Add egg; cook, stirring gently, until firm. Stir in rice and cook until heated through.
- ☐ Add roasted garlic teriyaki sauce; remove pan from heat. Stir mixture until well mixed.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.31, Glycemic Load:32.3, Inflammation Score:-8, Nutrition Score:10.77739131969%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 244.68kcal (12.23%), Fat: 6.54g (10.07%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 32.54g (10.85%), Net Carbohydrates: 31.67g (11.52%), Sugar: 1.97g (2.19%), Cholesterol: 51.47mg (17.16%), Sodium: 407.99mg (17.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.52g (25.04%), Vitamin A: 1809.2IU (36.18%), Selenium: 22.39µg (31.99%), Manganese: 0.53mg (26.45%), Vitamin B3: 4.61mg (23.08%), Vitamin K: 22.2µg (21.14%), Vitamin B6: 0.42mg (21.01%), Phosphorus: 158.83mg (15.88%), Vitamin B5: 1.11mg (11.12%), Magnesium: 31.26mg (7.81%), Potassium: 256.19mg (7.32%), Vitamin B2: 0.1mg (6%), Zinc: 0.89mg (5.91%), Copper: 0.11mg (5.34%), Vitamin E: 0.66mg (4.41%), Iron: 0.75mg (4.18%), Vitamin B1: 0.06mg (4.06%), Folate: 14.61µg (3.65%), Fiber: 0.87g (3.48%), Calcium: 26.45mg (2.65%), Vitamin C: 2.18mg (2.64%), Vitamin B12: 0.14µg (2.35%), Vitamin D: 0.18µg (1.23%)