



Snow Pea-and-Pork Fried Rice

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

READY IN



45 min.

SERVINGS



5

CALORIES



330 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 cups rice long-grain chilled cooked
- 2 teaspoons sesame oil dark divided
- 1 tablespoon sherry dry
- 1 large eggs
- 2 large egg whites
- 1 tablespoon ginger fresh minced peeled
- 2 garlic clove minced
- 0.3 cup spring onion chopped

- 1 tablespoon soy sauce low-sodium
- 2 cups mushrooms sliced
- 2 cups onion vertically sliced
- 8 ounce pork loin chops
- 0.3 teaspoon salt
- 2 cups snow peas

Equipment

- bowl
- frying pan
- whisk
- wok

Directions

- Trim fat from pork chops; cut pork into 2- x 1/4-inch strips.
- Combine pork, soy sauce, and sherry; cover and marinate in refrigerator 30 minutes.
- Drain; discard sherry mixture.
- Combine egg whites and egg in a medium bowl; stir well with a whisk.
- Place a large nonstick skillet or wok coated with cooking spray over medium-high heat until hot.
- Add egg mixture; cook 2 minutes or until egg is done.
- Remove egg mixture from skillet.
- Add 1/2 teaspoon oil to skillet.
- Add pork; stir-fry 2 minutes or until done.
- Remove pork from skillet; keep warm.
- Add 1/2 teaspoon oil to skillet.
- Add sliced onion and snow peas; stir-fry 2 minutes.
- Add mushrooms, ginger, and garlic; stir-fry 1 minute.
- Remove onion mixture from skillet, and keep warm.

Add 1 teaspoon oil to skillet; add rice, and cook 1 minute without stirring. Stir in egg mixture, pork, onion mixture, and salt, and stir-fry 1 minute or until thoroughly heated.

Sprinkle each serving with about 1 tablespoon green onions.

Nutrition Facts

PROTEIN 23.89% **FAT 17.72%** **CARBS 58.39%**

Properties

Glycemic Index:52, Glycemic Load:40.12, Inflammation Score:-7, Nutrition Score:19.207826116811%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 13.73mg, Quercetin: 13.73mg, Quercetin: 13.73mg, Quercetin: 13.73mg

Nutrients (% of daily need)

Calories: 329.77kcal (16.49%), Fat: 6.39g (9.83%), Saturated Fat: 1.82g (11.36%), Carbohydrates: 47.36g (15.79%), Net Carbohydrates: 44.11g (16.04%), Sugar: 5.47g (6.08%), Cholesterol: 67.59mg (22.53%), Sodium: 298.27mg (12.97%), Alcohol: 0.31g (100%), Alcohol %: 0.11% (100%), Protein: 19.38g (38.76%), Selenium: 34.61µg (49.44%), Manganese: 0.85mg (42.58%), Vitamin C: 30.76mg (37.29%), Vitamin B6: 0.67mg (33.59%), Vitamin B1: 0.46mg (30.64%), Vitamin B3: 5.94mg (29.7%), Phosphorus: 261.63mg (26.16%), Vitamin B2: 0.42mg (24.84%), Vitamin K: 24.14µg (22.99%), Vitamin B5: 1.98mg (19.75%), Potassium: 585.14mg (16.72%), Copper: 0.31mg (15.75%), Magnesium: 53.62mg (13.41%), Fiber: 3.25g (12.98%), Zinc: 1.94mg (12.96%), Folate: 50.07µg (12.52%), Iron: 1.99mg (11.04%), Vitamin A: 549.77IU (11%), Calcium: 63.57mg (6.36%), Vitamin B12: 0.36µg (5.94%), Vitamin E: 0.46mg (3.07%), Vitamin D: 0.46µg (3.05%)