



Southeast Asian Fried Rice

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



431 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup bell pepper red
- 2 cups broccoli florets
- 1 tablespoon brown sugar
- 2 bacon crumbled cooked
- 2.5 cups brown rice cooled cooked
- 2 large eggs lightly beaten
- 1 tablespoon fish sauce
- 1.5 teaspoons garlic minced

- 1 bunch spring onion
- 1 tablespoon juice of lime fresh
- 4 lime wedges
- 1 tablespoon soy sauce
- 2 tablespoons vegetable oil; peanut oil preferred divided
- 0.3 teaspoon salt divided
- 0.3 cup shallots vertically sliced
- 6 ounce chicken breast boneless skinless cut into 1/2-inch pieces
- 8 ounce chicken thighs boneless skinless cut into 1/2-inch pieces
- 1 teaspoon chili paste depending on your taste pref fresh divided (ground chile paste)

Equipment

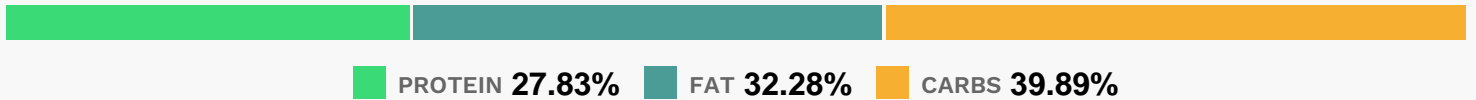
- bowl
- frying pan
- paper towels
- whisk
- cutting board

Directions

- Combine first 4 ingredients, 1/2 teaspoon sambal oelek, and 1/8 teaspoon salt in a small bowl, stirring with a whisk.
- Combine eggs and remaining 1/2 teaspoon sambal oelek in a bowl. Separate green tops from green onions, and diagonally chop; set aside.
- Cut green onion bottoms into 1-inch pieces; set aside.
- Heat a large nonstick skillet over medium-high heat.
- Add 2 teaspoons oil to pan, swirling pan to coat evenly.
- Add rice; stir-fry 1 1/2 minutes, stirring constantly.
- Transfer rice mixture to a large bowl.
- Heat 2 teaspoons oil in pan.

- Add shallots to pan; stir-fry 30 seconds or until tender.
- Add chicken; stir-fry 1 1/2 minutes or until lightly browned.
- Add brown sugar mixture to pan; bring to a boil. Reduce heat, and simmer 1 minute or until liquid thickens slightly, stirring occasionally.
- Add chicken mixture to rice mixture.
- Wipe pan clean with a paper towel; return pan to medium-high heat.
- Add remaining 2 teaspoons oil to pan, swirling to coat.
- Add broccoli and bell pepper; stir-fry 3 minutes or until vegetables are tender.
- Add the remaining 1/8 teaspoon salt, green onion bottoms, and garlic; stir-fry 1 minute or until fragrant.
- Add chicken mixture to pan, cook 2 minutes or until thoroughly heated; return chicken mixture to large bowl.
- Return pan to medium-high heat. Coat pan with cooking spray.
- Add egg mixture to pan, swirling to coat pan; cook 30 seconds or just until egg is set.
- Transfer egg to a cutting board; chop. Stir egg and bacon into rice mixture. Top with green onion tops; garnish with lime wedges.

Nutrition Facts



Properties

Glycemic Index:60.05, Glycemic Load:16.11, Inflammation Score:-9, Nutrition Score:31.695217495379%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg, Hesperetin: 8.08mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg, Kaempferol: 3.66mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 431.09kcal (21.55%), Fat: 15.59g (23.99%), Saturated Fat: 3.56g (22.23%), Carbohydrates: 43.36g (14.45%), Net Carbohydrates: 38g (13.82%), Sugar: 7.32g (8.13%), Cholesterol: 178.04mg (59.35%), Sodium:

867.26mg (37.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.25g (60.5%), Vitamin C: 98.02mg (118.82%), Manganese: 1.6mg (80.05%), Vitamin K: 62.79µg (59.8%), Vitamin B6: 1.11mg (55.48%), Selenium: 38.23µg (54.61%), Vitamin B3: 10.6mg (53%), Phosphorus: 418.21mg (41.82%), Vitamin A: 1687.02IU (33.74%), Magnesium: 113.01mg (28.25%), Vitamin B5: 2.69mg (26.91%), Vitamin B2: 0.39mg (23.07%), Potassium: 798.26mg (22.81%), Fiber: 5.37g (21.46%), Vitamin B1: 0.31mg (20.76%), Folate: 81.32µg (20.33%), Zinc: 2.75mg (18.34%), Vitamin E: 2.61mg (17.41%), Iron: 2.75mg (15.25%), Vitamin B12: 0.74µg (12.26%), Copper: 0.23mg (11.71%), Calcium: 82.11mg (8.21%), Vitamin D: 0.56µg (3.72%)