



Soy-Free Turmeric Fried Rice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



241 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 180 g rice
- ☐ 2 tbsp oil to fry
- ☐ 1 garlic clove
- ☐ 2 tbsp ground turmeric
- ☐ 2 spring onion

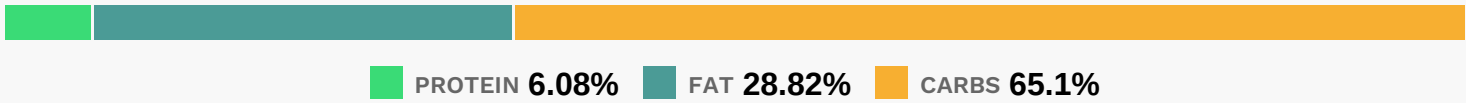
Equipment

- ☐ sauce pan
- ☐ wok

Directions

- ☐ Boil the rice until it is cooked, but not too soft. Allow to completely cool. Meanwhile, chop the onions and garlic and fry in 1 tbsp of oil. Use a wok, or a nonstick saucepan, that will accommodate all the rice, plus the ability to stir it.
- ☐ Add the rice when the onions have softened and sprinkle the turmeric over it. Stir carefully and slowly so the rice doesn't become too broken up.
- ☐ Add the 2nd tablespoon of oil and stir-fry for five minutes.

Nutrition Facts



Properties

Glycemic Index:32.05, Glycemic Load:21.89, Inflammation Score:-10, Nutrition Score:6.4547826932824%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 241.2kcal (12.06%), Fat: 7.65g (11.77%), Saturated Fat: 0.7g (4.41%), Carbohydrates: 38.87g (12.96%), Net Carbohydrates: 37.4g (13.6%), Sugar: 0.31g (0.34%), Cholesterol: 0mg (0%), Sodium: 4.63mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.63g (7.26%), Manganese: 0.78mg (38.9%), Vitamin K: 17.92µg (17.07%), Iron: 1.87mg (10.39%), Selenium: 7.09µg (10.13%), Vitamin E: 1.41mg (9.42%), Vitamin B6: 0.15mg (7.4%), Phosphorus: 64.23mg (6.42%), Copper: 0.13mg (6.34%), Fiber: 1.47g (5.9%), Magnesium: 19.2mg (4.8%), Vitamin B3: 0.93mg (4.66%), Vitamin B5: 0.47mg (4.65%), Potassium: 157.17mg (4.49%), Zinc: 0.67mg (4.47%), Vitamin B1: 0.04mg (2.76%), Vitamin C: 2.24mg (2.72%), Calcium: 24.5mg (2.45%), Folate: 8.79µg (2.2%), Vitamin B2: 0.04mg (2.09%), Vitamin A: 59.89IU (1.2%)