



Speedy spicy turkey rice



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



543 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tsp sesame oil
- ☐ 2 eggs beaten
- ☐ 1 to 5 chillies red sliced
- ☐ 1 small bunch spring onion chopped
- ☐ 300 g rice cold cooked (or use a pouch of straight-to-wok rice)
- ☐ 2 tbsp chilli sauce sweet
- ☐ 85 g peas frozen
- ☐ 2 slices ham thick chopped

☐ 100 g turkey gravy shredded leftover

Equipment

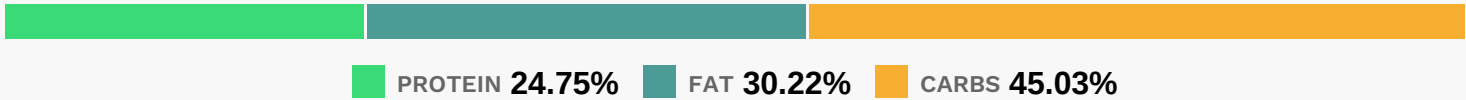
☐ frying pan

☐ wok

Directions

- ☐ Heat half the oil in a wok or frying pan.
- ☐ Add the eggs, swirl to coat the base of the pan and allow to set to an omelette, flip and cook for 1-2 mins. Once cooked, remove, shred and set aside.
- ☐ Add the remaining oil to the pan, then stir-fry the chilli, if using, and spring onions for 1 min.
- ☐ Add the remaining ingredients and the egg, and heat through, stirring, until piping hot.
- ☐ Serve immediately with some extra soy and sweet chilli sauce, if you like.

Nutrition Facts



Properties

Glycemic Index:115.17, Glycemic Load:47.97, Inflammation Score:-7, Nutrition Score:25.602173888165%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 542.53kcal (27.13%), Fat: 17.89g (27.52%), Saturated Fat: 4.93g (30.79%), Carbohydrates: 59.98g (19.99%), Net Carbohydrates: 56.21g (20.44%), Sugar: 12.25g (13.61%), Cholesterol: 235.54mg (78.51%), Sodium: 623.91mg (27.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.97g (65.95%), Selenium: 46.96µg (67.09%), Vitamin C: 51.59mg (62.53%), Manganese: 0.97mg (48.34%), Vitamin B6: 0.82mg (41.08%), Vitamin B3: 7.9mg (39.5%), Phosphorus: 383.05mg (38.31%), Vitamin K: 39.27µg (37.4%), Vitamin B2: 0.51mg (29.88%), Zinc: 3.82mg (25.5%), Vitamin B1: 0.37mg (24.95%), Vitamin B5: 1.96mg (19.6%), Vitamin A: 916.07IU (18.32%), Vitamin B12: 1.08µg (18.01%), Folate: 71µg (17.75%), Magnesium: 65.2mg (16.3%), Iron: 2.89mg (16.07%), Copper: 0.32mg (15.94%), Fiber: 3.77g (15.1%), Potassium: 522.07mg (14.92%), Vitamin D: 1.28µg (8.51%), Calcium: 71.01mg (7.1%), Vitamin E: 1mg (6.65%)