



Spicy vegetable egg fried rice



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



320 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 200 g rice
- ☐ 1 pepper flakes red grated deseeded very finely chopped
- ☐ 3 garlic clove crushed
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 2 large carrots diced
- ☐ 200 g cabbage chinese finely sliced
- ☐ 2 eggs lightly beaten
- ☐ 3 spring onion sliced

- ☐ 200 g peas frozen
- ☐ 1 tbsp soya sauce for serving, if you like

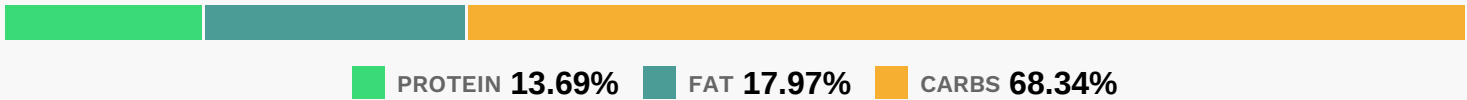
Equipment

- ☐ frying pan
- ☐ wok
- ☐ mortar and pestle

Directions

- ☐ If making the rice from scratch, cook it following pack instructions, then drain.
- ☐ Mix the chillies and garlic (in a pestle and mortar, if you have one) with a pinch of salt, to make a paste.
- ☐ Heat oil in a wok or large frying pan on a medium-high heat.
- ☐ Add the carrots and stir-fry for 5 mins until tender.
- ☐ Add the cabbage and chilli paste and cook for 1 min more. Tip in the cooked basmati or leftover rice and stir-fry for 1 min until piping hot.
- ☐ Push the rice mixture to one side of the pan.
- ☐ Add the eggs to the cleared space and scramble until set.
- ☐ Mix in the onions, peas and soy and stir-fry everything together until the peas are hot.

Nutrition Facts



Properties

Glycemic Index:76.59, Glycemic Load:28.24, Inflammation Score:-10, Nutrition Score:21.168695698614%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 319.59kcal (15.98%), Fat: 6.38g (9.81%), Saturated Fat: 1.18g (7.38%), Carbohydrates: 54.54g (18.18%), Net Carbohydrates: 49.55g (18.02%), Sugar: 5.59g (6.21%), Cholesterol: 81.84mg (27.28%), Sodium: 320.79mg (13.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.85%), Vitamin A: 6843.99IU (136.88%), Vitamin C: 42.28mg (51.25%), Manganese: 1mg (50.18%), Vitamin K: 37.7µg (35.9%), Selenium: 15.91µg (22.72%), Folate: 84.4µg (21.1%), Fiber: 4.99g (19.98%), Phosphorus: 194.62mg (19.46%), Vitamin B6: 0.37mg (18.57%), Copper: 0.31mg (15.64%), Vitamin B1: 0.22mg (14.88%), Vitamin B2: 0.25mg (14.74%), Vitamin E: 2.16mg (14.37%), Vitamin B3: 2.83mg (14.15%), Iron: 2.39mg (13.29%), Potassium: 448.19mg (12.81%), Magnesium: 46.71mg (11.68%), Zinc: 1.72mg (11.43%), Vitamin B5: 1.07mg (10.72%), Calcium: 78.23mg (7.82%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)