



Stir-Fried Rice



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



684 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 14.5 ounce chicken broth canned
- ☐ 3 eggs lightly beaten
- ☐ 1 tablespoon oil
- ☐ 16 ounce stir-fry vegetables frozen thawed
- ☐ 2 tablespoons soya sauce
- ☐ 2 cups rice white uncooked minute®

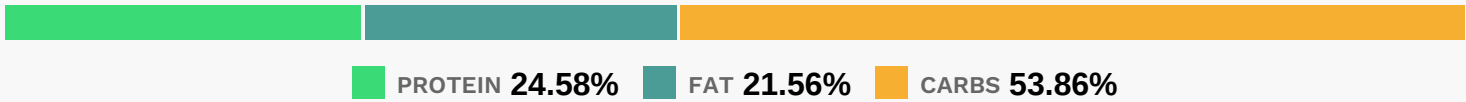
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in large skillet on medium heat.
- ☐ Add eggs; cook until set, stirring occasionally.
- ☐ Remove from skillet.
- ☐ Add broth, vegetables and soy sauce to skillet; bring to boil. Stir in rice; cover.
- ☐ Remove from heat.
- ☐ Let stand 5 minutes.
- ☐ Stir in cooked eggs.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.3, Glycemic Load:49.4, Inflammation Score:-10, Nutrition Score:25.681304247483%

Nutrients (% of daily need)

Calories: 683.85kcal (34.19%), Fat: 16.17g (24.88%), Saturated Fat: 3.88g (24.26%), Carbohydrates: 90.88g (30.29%), Net Carbohydrates: 85.07g (30.93%), Sugar: 0.39g (0.43%), Cholesterol: 174.14mg (58.05%), Sodium: 1102.86mg (47.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.48g (82.95%), Vitamin A: 6118.45IU (122.37%), Manganese: 1.34mg (66.86%), Selenium: 43.53µg (62.19%), Phosphorus: 407.55mg (40.76%), Zinc: 4.55mg (30.35%), Vitamin B3: 5.75mg (28.73%), Vitamin B6: 0.53mg (26.5%), Vitamin B2: 0.41mg (24.06%), Fiber: 5.81g (23.24%), Vitamin B12: 1.32µg (22.02%), Iron: 3.94mg (21.92%), Copper: 0.4mg (19.81%), Magnesium: 77.43mg (19.36%), Vitamin B5: 1.66mg (16.63%), Potassium: 568.63mg (16.25%), Folate: 59.47µg (14.87%), Vitamin B1: 0.22mg (14.77%), Vitamin C: 11.79mg (14.3%), Vitamin E: 1.39mg (9.26%), Calcium: 88.92mg (8.89%), Vitamin D: 0.76µg (5.09%), Vitamin K: 5.05µg (4.81%)