



Stir-fried Rice with XO Sauce

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



777 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 teaspoon chili oil
- 5 kosher salt with 1 teaspoon kosher salt
- 3 tablespoons sauce (see note above)
- 2 tablespoons cooking oil
- 4 cups rice cold
- 4 servings spring onion sliced
- 2 teaspoons soya sauce
- 1 large zucchini cut into halves lengthwise then cut into 1/4 inch pieces

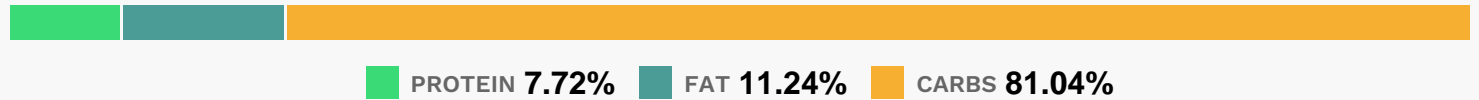
Equipment

wok

Directions

- Heat 1 tablespoon oil in a wok over high heat until smoking, then add zucchini and stir-fry until tender, about 2 minutes.
- Remove from the wok, then add another tablespoon of oil.
- Add the eggs and stir-fry over high heat, until almost cooked through.
- Remove from the wok.
- Add the XO sauce to the wok. Turn the heat to medium-low, then add the rice and stir-fry, breaking up clumps.
- Add the soy sauce and chili oil. Taste and add more condiments as needed.
- Add the eggs and the zucchini, and stir to mix well.
- Serve immediately, garnishing with scallions.

Nutrition Facts



Properties

Glycemic Index:30.8, Glycemic Load:89.39, Inflammation Score:-5, Nutrition Score:17.842173804408%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 777.14kcal (38.86%), Fat: 9.51g (14.62%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 154.21g (51.4%), Net Carbohydrates: 150.82g (54.84%), Sugar: 5.03g (5.59%), Cholesterol: 0mg (0%), Sodium: 803.75mg (34.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.69g (29.39%), Manganese: 2.18mg (109.08%), Selenium: 28.16µg (40.23%), Phosphorus: 249.55mg (24.96%), Copper: 0.46mg (22.96%), Vitamin B6: 0.44mg (22.23%), Vitamin K: 21.67µg (20.64%), Vitamin B5: 2.06mg (20.56%), Vitamin C: 15.58mg (18.89%), Vitamin B3: 3.47mg (17.37%), Magnesium: 63.2mg (15.8%), Zinc: 2.31mg (15.42%), Fiber: 3.39g (13.57%), Potassium: 446.54mg (12.76%), Vitamin B1: 0.17mg (11.39%), Vitamin E: 1.7mg (11.35%), Iron: 1.95mg (10.83%), Vitamin B2: 0.18mg (10.35%), Folate:

38.56µg (9.64%), Calcium: 69.95mg (6.99%), Vitamin A: 221.32IU (4.43%)