



Stir-Fried Spicy Rice Cakes



Gluten Free



Dairy Free



Very Healthy

READY IN



29 min.

SERVINGS



4

CALORIES



1278 kcal

Ingredients

- ☐ 2 cups chicken stock see (such as Swanson)
- ☐ 2 teaspoons cornstarch
- ☐ 2 tablespoons sesame oil dark divided
- ☐ 3 large garlic clove minced
- ☐ 1 bunch spring onion trimmed cut into 1-inch pieces
- ☐ 12 ounces ground pork lean
- ☐ 0.3 teaspoon kosher salt
- ☐ 4 lime wedges
- ☐ 3 tablespoons soy sauce

- ☐ 0.5 cup onion chopped
- ☐ 4 cups rice cakes divided sliced (rice ovalettes)
- ☐ 1 tablespoon chili paste depending on your taste pref fresh (ground chile paste)

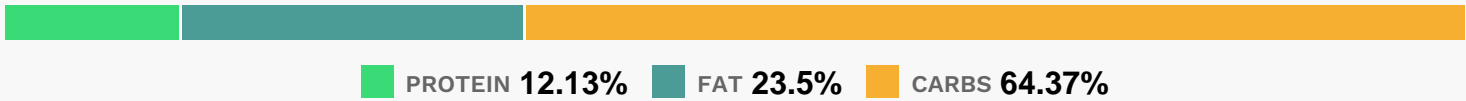
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat a wok or large skillet over medium-high heat.
- ☐ Add 1 tablespoon oil to pan; swirl to coat.
- ☐ Add 2 cups rice cakes; stir-fry 3 minutes or until blistered, turning to brown on both sides.
- ☐ Remove rice cakes from pan; place in a large bowl.
- ☐ Add remaining 1 tablespoon oil; swirl to coat.
- ☐ Add remaining 2 cups rice cakes; stir-fry 2 minutes.
- ☐ Add green onions to pan, and stir-fry for 1 minute or until rice cakes are blistered, turning to brown on both sides.
- ☐ Remove rice cake mixture from pan; add to cooked rice cakes.
- ☐ Add pork to pan; saut for 4 minutes or until browned, stirring to crumble. Stir in chopped onion and salt; saut 3 minutes, stirring occasionally.
- ☐ Add garlic; saut 30 seconds, stirring constantly. Stir in cornstarch. Gradually add stock; bring to a boil. Stir in soy sauce and sambal; cook for 1 minute, stirring frequently. Divide rice cake mixture evenly among 4 shallow bowls; top each serving with 3/4 cup pork mixture.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:1.16, Inflammation Score:-9, Nutrition Score:42.369999937389%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg, Quercetin: 4.81mg

Nutrients (% of daily need)

Calories: 1277.84kcal (63.89%), Fat: 33.21g (51.1%), Saturated Fat: 9.44g (59.02%), Carbohydrates: 204.73g (68.24%), Net Carbohydrates: 193.63g (70.41%), Sugar: 5.71g (6.35%), Cholesterol: 64.83mg (21.61%), Sodium: 861.47mg (37.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.57g (77.14%), Manganese: 8.96mg (447.97%), Vitamin B3: 24.36mg (121.8%), Selenium: 82.42µg (117.75%), Phosphorus: 1069.78mg (106.98%), Magnesium: 344.53mg (86.13%), Zinc: 9.34mg (62.28%), Copper: 1.2mg (59.94%), Vitamin B1: 0.84mg (55.98%), Fiber: 11.1g (44.39%), Vitamin B2: 0.74mg (43.54%), Vitamin B6: 0.84mg (42.14%), Potassium: 1186.44mg (33.9%), Vitamin B5: 3.05mg (30.54%), Iron: 5mg (27.79%), Vitamin E: 3.21mg (21.37%), Folate: 74.76µg (18.69%), Vitamin K: 18.38µg (17.51%), Vitamin C: 10.02mg (12.15%), Vitamin B12: 0.6µg (9.92%), Calcium: 64.97mg (6.5%), Vitamin A: 86.94IU (1.74%)