



WHATSheATE



Sweet Pea Fried Rice



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



336 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



6 cups rice cooked



4 large eggs beaten



1 clove garlic chopped



10 oz peas green frozen thawed



8 servings salt and pepper



8 scallions light white green sliced



0.3 cup soya sauce



8 ounces at least of turkey bacon

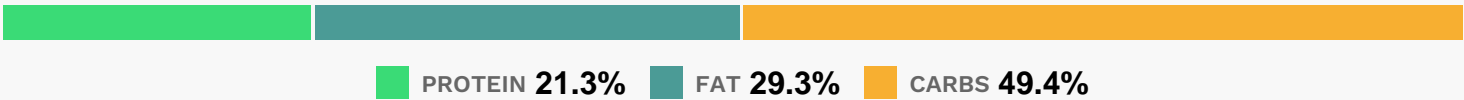
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Cook bacon in a skillet over medium-high heat until crisp, 5 minutes.
- ☐ Drain on paper towels and chop.
- ☐ Pour off all but 1 Tbsp. fat from skillet; add scallions and garlic. Reduce heat to medium and cook, stirring often, until softened, 3 to 5 minutes.
- ☐ Rub rice between clean hands to break up and loosen grains.
- ☐ Add to skillet and stir to blend in scallions and garlic. Cook for 2 minutes to warm rice. Stir in soy sauce and peas. Push mixture to one side and pour in eggs. Cook eggs until slightly set on bottom, about 2 minutes.
- ☐ Mix rice into eggs and stir until thoroughly blended, breaking up any clumps of cooked egg. Stir in bacon. Season with salt and pepper and remove from heat.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:28.79, Glycemic Load:37.5, Inflammation Score:-5, Nutrition Score:14.478695558465%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 335.55kcal (16.78%), Fat: 10.79g (16.6%), Saturated Fat: 3.26g (20.34%), Carbohydrates: 40.95g (13.65%), Net Carbohydrates: 38.08g (13.85%), Sugar: 2.57g (2.85%), Cholesterol: 120.78mg (40.26%), Sodium: 1287mg (55.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.66g (35.31%), Manganese: 0.77mg (38.69%), Selenium: 24.7µg (35.28%), Vitamin K: 35.72µg (34.02%), Phosphorus: 283.57mg (28.36%), Vitamin C: 16.55mg

(20.06%), Vitamin B6: 0.33mg (16.49%), Vitamin B2: 0.27mg (15.62%), Zinc: 2.28mg (15.23%), Vitamin B3: 2.59mg (12.93%), Folate: 49.89µg (12.47%), Iron: 2.15mg (11.95%), Fiber: 2.87g (11.49%), Copper: 0.23mg (11.28%), Magnesium: 42.53mg (10.63%), Vitamin A: 525.77IU (10.52%), Vitamin B1: 0.16mg (10.44%), Potassium: 324.46mg (9.27%), Vitamin B5: 0.92mg (9.21%), Vitamin B12: 0.32µg (5.41%), Calcium: 48.15mg (4.81%), Vitamin E: 0.71mg (4.76%), Vitamin D: 0.61µg (4.09%)