



WHATSheATE



Teriyaki Fried Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



206 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups rice leftover cooked
- ☐ 0.5 cup edamame shelled cooked
- ☐ 2 eggs lightly beaten
- ☐ 2 spring onion light thinly sliced
- ☐ 2 teaspoons sesame oil toasted
- ☐ 1 tablespoon teriyaki sauce

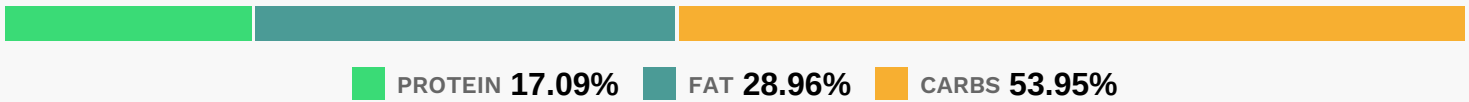
Equipment

- ☐ frying pan

Directions

- ☐ In a medium skillet, heat the sesame oil over medium heat.
- ☐ Add the eggs and scramble until just cooked.
- ☐ Add the green onions, cooked rice, edamame, and teriyaki sauce, and cook, stirring often, until everything is warmed through, about 2 minutes.
- ☐ Divide the fried rice between two or three thermoses.
- ☐ Can be made a day ahead and stored in the refrigerator. In the morning before school, warm up and pack into the thermoses.
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Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:24.03, Inflammation Score:-2, Nutrition Score:6.9321739518124%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 206.12kcal (10.31%), Fat: 6.52g (10.03%), Saturated Fat: 1.36g (8.5%), Carbohydrates: 27.32g (9.11%), Net Carbohydrates: 25.79g (9.38%), Sugar: 1.85g (2.05%), Cholesterol: 109.12mg (36.37%), Sodium: 273.52mg (11.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.31%), Selenium: 15.04µg (21.49%), Manganese: 0.39mg (19.69%), Vitamin K: 17.01µg (16.2%), Phosphorus: 104.25mg (10.43%), Vitamin B2: 0.15mg (9.11%), Iron: 1.56mg (8.65%), Vitamin B5: 0.78mg (7.76%), Vitamin B6: 0.13mg (6.71%), Potassium: 215.04mg (6.14%), Fiber: 1.53g (6.12%), Folate: 21.76µg (5.44%), Zinc: 0.8mg (5.35%), Calcium: 51.92mg (5.19%), Vitamin A: 238.16IU (4.76%), Magnesium: 18.26mg (4.57%), Copper: 0.09mg (4.41%), Vitamin B12: 0.26µg (4.35%), Vitamin D: 0.59µg (3.91%), Vitamin E: 0.42mg (2.81%), Vitamin B3: 0.46mg (2.28%), Vitamin B1: 0.03mg (2.25%), Vitamin C: 1.5mg (1.82%)