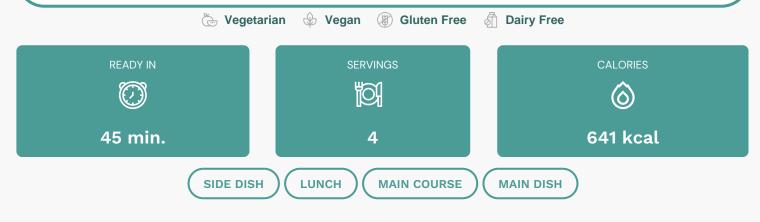


Thai Savory Brown Fried Rice



Ingredients

2 tablespoons olive oil extra virgin
4 garlic clove minced
2 small chili peppers fresh red seeded finely chopped
1 cup cashew pieces raw
1.3 cups coconut shredded unsweetened dry lightly toasted
0.5 teaspoon stevia powder (or sweetener)
4 tablespoons bragg liquid aminos (soy sauce)
2 tablespoons apple cider vinegar (or rice vinegar)

	1 ground flaxseed with 1 tbsp. ground flax seed& 3 tbsp. wa
	2.5 cups green beans fresh cut in half
	8 ounces baby bok choy shredded
	1 cup brown rice uncooked (make recipe below)
	4 servings lime wedges for serving
Eq	uipment
	frying pan
	wok
Dir	rections
	Make my Perfect Brown Rice recipe below. While brown
	rice is cooking prepare rest of meal.
	PERFECT BROWN RICE
	1 cup uncooked brown rice
	1 tsp. olive oil
	2 cups filtered water
	2 basil leaves (optional)
	Fix brown rice by cooking in 1 tsp. olive oil until lightly browned.
	Place 2 basil leaves on top of rice and add 2 cups water all at once. Quickly put on lid and bring to boil. Turn down heat to simmer until all water has evaporated (around 40 minutes).
	Heat oil in a wok or large frying pan.
	Add the garlic and cook on medium until lightly golden. Watch carefully so you do not burn garlic.
	Add the red chili peppers, cashew nuts and toasted coconut.
	Mix together stevia, Nama Shoyu and apple cider vinegar together. Cook over medium heat for 1 minutes.
	Push stir-fry to one side of pan and add flax on opposite end. Cook and stir the flax egg for about a minute and then incorporate into stir-fry mixture.

Add the green beans, bok choy and brown rice to stir-fry. Cook and stir on medium for
another minute. Bok Choy will be wilted, but green beans will still be a bit crunchy.
Spoon into serving dish and add lime wedge on side for squeezing over rice.
Nutrition Facts
PROTEIN 8.08%

Properties

Glycemic Index:65.99, Glycemic Load:24.18, Inflammation Score:-10, Nutrition Score:28.67347826087%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Quercetin: 1.93mg, Quercetin: 1.93mg,

Taste

Sweetness: 67.26%, Saltiness: 82.76%, Sourness: 33.63%, Bitterness: 21%, Savoriness: 44.49%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 641.16kcal (32.06%), Fat: 41.46g (63.78%), Saturated Fat: 20.41g (127.55%), Carbohydrates: 60.63g (20.21%), Net Carbohydrates: 50.56g (18.39%), Sugar: 7.03g (7.82%), Cholesterol: Omg (0%), Sodium: 58.85mg (2.56%), Protein: 13.53g (27.07%), Manganese: 3.34mg (166.76%), Vitamin A: 3064.47lU (61.29%), Copper: 1.13mg (56.6%), Magnesium: 207.82mg (51.96%), Vitamin C: 35.81mg (43.4%), Vitamin K: 45.2µg (43.05%), Phosphorus: 410.01mg (41%), Fiber: 10.07g (40.28%), Vitamin B6: 0.6mg (30.06%), Iron: 5.23mg (29.06%), Vitamin B1: 0.42mg (27.8%), Zinc: 3.63mg (24.17%), Potassium: 668.32mg (19.09%), Selenium: 12.72µg (18.17%), Vitamin B3: 3.12mg (15.61%), Vitamin B5: 1.4mg (14%), Calcium: 130.08mg (13.01%), Vitamin E: 1.72mg (11.47%), Folate: 43.38µg (10.85%), Vitamin B2: 0.15mg (8.62%)