



## Thai Savory Brown Fried Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



641 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### 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

## Equipment

- frying pan
- wok

## Directions

- 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%** **FAT 55.71%** **CARBS 36.21%**

### 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, Naringenin: 0.03mg 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, Kaempferol: 0.32mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 1.93mg, Quercetin: 1.93mg, 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: 0mg (0%), Sodium: 58.85mg (2.56%), Protein: 13.53g (27.07%), Manganese: 3.34mg (166.76%), Vitamin A: 3064.47IU (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%)