



Thai Spicy Basil Chicken Fried Rice



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



290 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup cilantro sprigs
- ☐ 4 cups jasmine rice chilled cooked
- ☐ 1 cucumber sliced
- ☐ 2 tablespoons fish sauce
- ☐ 6 large cloves garlic clove crushed
- ☐ 1 onion thinly sliced
- ☐ 3 tablespoons oyster sauce
- ☐ 0.5 cup vegetable oil; peanut oil preferred for frying

- ☐ 1 bell pepper red seeded thinly sliced
- ☐ 2 serrano peppers crushed
- ☐ 1 pound chicken breast boneless skinless cut into thin strips
- ☐ 2 cups thai basil sweet
- ☐ 1 teaspoon sugar white

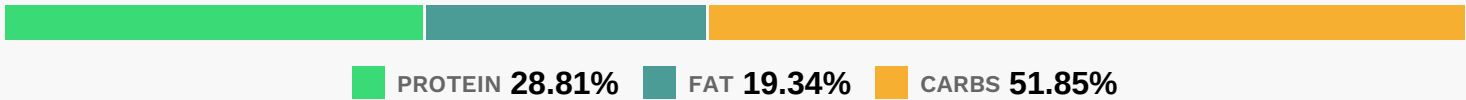
Equipment

- ☐ bowl
- ☐ whisk
- ☐ wok

Directions

- ☐ Whisk together the oyster sauce, fish sauce, and sugar in a bowl.
- ☐ Heat the oil in a wok over medium-high heat until the oil begins to smoke.
- ☐ Add the garlic and serrano peppers, stirring quickly. Stir in the chicken, bell pepper, onion and oyster sauce mixture; cook until the chicken is no longer pink. Raise heat to high and stir in the chilled rice; stir quickly until the sauce is blended with the rice. Use the back of a spoon to break up any rice sticking together.
- ☐ Remove from heat and mix in the basil leaves.
- ☐ Garnish with sliced cucumber and cilantro as desired.

Nutrition Facts



Properties

Glycemic Index:64.18, Glycemic Load:33.43, Inflammation Score:-8, Nutrition Score:18.471739053726%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg, Quercetin: 4.84mg

Nutrients (% of daily need)

Calories: 289.94kcal (14.5%), Fat: 6.12g (9.41%), Saturated Fat: 1.16g (7.22%), Carbohydrates: 36.91g (12.3%), Net Carbohydrates: 35.08g (12.76%), Sugar: 3.38g (3.75%), Cholesterol: 48.38mg (16.13%), Sodium: 809.62mg (35.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.51g (41.01%), Selenium: 33.67µg (48.1%), Vitamin B3: 8.95mg (44.75%), Vitamin B6: 0.86mg (42.81%), Vitamin K: 42.44µg (40.42%), Vitamin C: 32.92mg (39.91%), Manganese: 0.76mg (38.05%), Vitamin A: 1211.73IU (24.23%), Phosphorus: 237.93mg (23.79%), Vitamin B5: 1.75mg (17.48%), Magnesium: 60.03mg (15.01%), Potassium: 524.03mg (14.97%), Copper: 0.2mg (10.04%), Folate: 37.02µg (9.25%), Vitamin B2: 0.15mg (8.91%), Zinc: 1.25mg (8.35%), Vitamin E: 1.2mg (7.98%), Vitamin B1: 0.12mg (7.76%), Fiber: 1.83g (7.32%), Iron: 1.13mg (6.3%), Calcium: 53.09mg (5.31%), Vitamin B12: 0.22µg (3.61%)