



Traditional Mandarin Fried Rice

 Gluten Free  Dairy Free

READY IN



17 min.

SERVINGS



4

CALORIES



1550 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 servings canola oil
- 3 eggs
- 2 tablespoons garlic minced
- 2 tablespoons ginger minced
- 8 cups day-old rice long grain cooked
- 4 servings salt to taste
- 1 bunch scallions white green separated chopped
- 3 tablespoons soya sauce thin

- 0.5 teaspoon pepper white
- 1 lapchang diced with 4 strips of cooked bacon chinese canned (sausage)

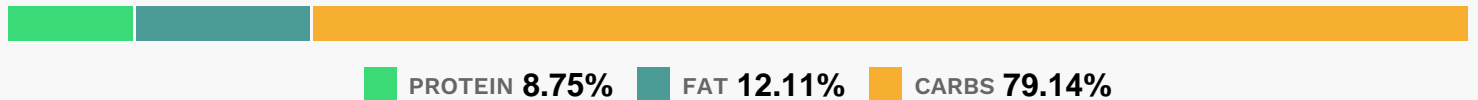
Equipment

- wok

Directions

- In a wok, add 2 tablespoons of oil and quickly soft-scramble the eggs.
- Remove the eggs. In the same wok, coat with oil and stir-fry garlic and ginger.
- Add white scallions and lapchang.
- Add rice and mix thoroughly.
- Add soy sauce, white pepper and scrambled eggs. Check for seasoning.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.3, Glycemic Load:178.69, Inflammation Score:-5, Nutrition Score:28.546956673912%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 1550.33kcal (77.52%), Fat: 20.36g (31.32%), Saturated Fat: 2.98g (18.66%), Carbohydrates: 299.4g (99.8%), Net Carbohydrates: 294.1g (106.95%), Sugar: 1.03g (1.15%), Cholesterol: 124.74mg (41.58%), Sodium: 1048.97mg (45.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.09g (66.18%), Manganese: 4.2mg (209.92%), Selenium: 67.76µg (96.8%), Phosphorus: 526.12mg (52.61%), Copper: 0.89mg (44.27%), Vitamin B5: 4.37mg (43.66%), Vitamin B6: 0.76mg (37.99%), Vitamin B3: 6.77mg (33.87%), Zinc: 4.66mg (31.09%), Magnesium: 106.42mg (26.6%), Iron: 4.09mg (22.74%), Vitamin K: 22.94µg (21.85%), Vitamin E: 3.26mg (21.71%), Vitamin B2: 0.37mg (21.65%), Fiber: 5.29g (21.17%), Vitamin B1: 0.3mg (20.24%), Potassium: 556.99mg (15.91%), Calcium: 137.9mg (13.79%), Folate: 51.91µg (12.98%), Vitamin B12: 0.32µg (5.26%), Vitamin A: 239.12IU (4.78%), Vitamin D:

0.67µg (4.45%), Vitamin C: 2.6mg (3.16%)