



## Trisha's Easy Fried Rice

 **Gluten Free**  **Dairy Free**

READY IN



**35 min.**

SERVINGS



**6**

CALORIES



**446 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

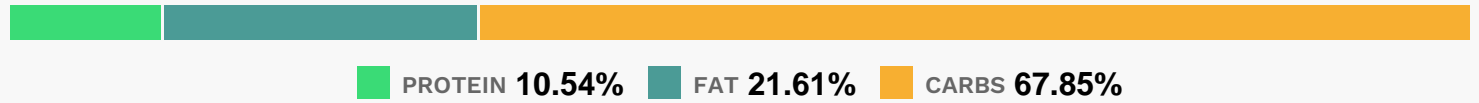
### Ingredients

- 0.3 cup butter
- 2 carrots diced
- 3 cups rice cold cooked
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- 3 eggs beaten
- 1 medium onion chopped ( )
- 1 cup peas frozen

2 tablespoons soya sauce to taste ()

## Equipment

## Nutrition Facts



## Properties

Glycemic Index:76.69, Glycemic Load:73.74, Inflammation Score:-10, Nutrition Score:16.542173913043%

## Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

## Nutrients (% of daily need)

Calories: 446.41kcal (22.32%), Fat: 10.54g (16.21%), Saturated Fat: 2.48g (15.52%), Carbohydrates: 74.48g (24.83%), Net Carbohydrates: 71.23g (25.9%), Sugar: 3.41g (3.79%), Cholesterol: 81.84mg (27.28%), Sodium: 473.93mg (20.61%), Protein: 11.56g (23.13%), Vitamin A: 4039.25IU (80.79%), Manganese: 1.31mg (65.33%), Selenium: 25.12µg (35.89%), Phosphorus: 193.98mg (19.4%), Vitamin B6: 0.36mg (18.08%), Vitamin C: 12.24mg (14.84%), Vitamin B5: 1.4mg (13.95%), Fiber: 3.25g (13.02%), Zinc: 1.85mg (12.34%), Copper: 0.25mg (12.32%), Magnesium: 46.01mg (11.5%), Vitamin B2: 0.19mg (11.33%), Folate: 41.68µg (10.42%), Vitamin B1: 0.15mg (9.79%), Vitamin B3: 1.93mg (9.65%), Vitamin K: 8.82µg (8.4%), Iron: 1.46mg (8.09%), Potassium: 280.8mg (8.02%), Calcium: 57.03mg (5.7%), Vitamin E: 0.79mg (5.26%), Vitamin B12: 0.21µg (3.42%), Vitamin D: 0.44µg (2.93%)