



Vegetable Fried Rice with Bacon

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

READY IN



25 min.

SERVINGS



4

CALORIES



515 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 head broccoli cut into 1/4-inch pieces
- 5 cups rice long-grain white cooked
- 4 large eggs
- 3 cloves garlic thinly sliced
- 1 piece ginger minced peeled
- 0.3 cup chicken broth low-sodium
- 0.3 teaspoon pepper flakes red
- 2.3 teaspoon soya sauce

- 0.8 teaspoon sugar
- 0.3 pound bacon thick-cut cut into 1/4-inch pieces
- 1 tablespoon vegetable oil
- 1 bunch watercress

Equipment

- bowl
- frying pan
- wok
- slotted spoon

Directions

- Place a wok or large skillet over high heat.
- Add the vegetable oil and bacon and stir-fry until golden and crisp, about 2 minutes.
- Sprinkle the sugar over the bacon and toss.
- Add 1/4 teaspoon soy sauce (watch out—the oil will bubble up) and continue to stir-fry until the bacon is glazed, about 30 seconds.
- Transfer the bacon to a bowl with a slotted spoon.
- Add the garlic, ginger and red pepper flakes to the drippings in the pan and stir-fry until fragrant, about 30 seconds.
- Add the broccoli and cook until crisp, 2 to 3 minutes.
- Add the rice, the remaining 2 teaspoons soy sauce, the broth and glazed bacon. Toss to heat through.
- Push the fried rice to one side of the pan, crack the eggs into the other side and scramble until set, about 1 minute.
- Mix the eggs into the rice and stir in the watercress. Divide among bowls and serve with mustard or chili sauce, if desired.
- Photograph by Antonis Achilleos

Nutrition Facts



■ PROTEIN 14.32% ■ FAT 35.86% ■ CARBS 49.82%

Properties

Glycemic Index:75.77, Glycemic Load:61.58, Inflammation Score:-8, Nutrition Score:25.240000310151%

Flavonoids

Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 7.4mg, Kaempferol: 7.4mg, Kaempferol: 7.4mg, Kaempferol: 7.4mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg, Quercetin: 4.39mg

Nutrients (% of daily need)

Calories: 515.43kcal (25.77%), Fat: 20.38g (31.36%), Saturated Fat: 6.13g (38.3%), Carbohydrates: 63.72g (21.24%), Net Carbohydrates: 60.77g (22.1%), Sugar: 2.47g (2.75%), Cholesterol: 204.71mg (68.24%), Sodium: 483.91mg (21.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.32g (36.64%), Vitamin K: 99.72µg (94.97%), Vitamin C: 71.27mg (86.39%), Manganese: 1.18mg (59.24%), Selenium: 38.21µg (54.58%), Phosphorus: 291.88mg (29.19%), Vitamin B6: 0.53mg (26.33%), Vitamin B2: 0.39mg (22.79%), Vitamin B5: 2.18mg (21.8%), Vitamin A: 990.67IU (19.81%), Folate: 78.77µg (19.69%), Zinc: 2.33mg (15.55%), Vitamin B3: 2.84mg (14.22%), Potassium: 493.62mg (14.1%), Vitamin B1: 0.2mg (13.64%), Magnesium: 53.37mg (13.34%), Copper: 0.25mg (12.51%), Iron: 2.14mg (11.87%), Fiber: 2.95g (11.8%), Vitamin E: 1.71mg (11.42%), Vitamin B12: 0.6µg (10.02%), Calcium: 98.43mg (9.84%), Vitamin D: 1.11µg (7.42%)