



Veggie rice pot



Vegetarian



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



376 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp vegetable oil; peanut oil preferred
- ☐ 2 bell pepper red yellow deseeded sliced (one , one)
- ☐ 250 g crimini mushrooms (I used shiitake)
- ☐ 250 g rice long grain (not the easy-cook type)
- ☐ 2 garlic clove finely chopped
- ☐ 1 tsp five spice powder
- ☐ 3 tbsp sherry dry (optional but worth it)
- ☐ 1 tsp sesame oil

- ☐ 2 eggs beaten
- ☐ 1 bunch spring onion sliced
- ☐ 1 tbsp soy sauce light
- ☐ 140 g peas frozen

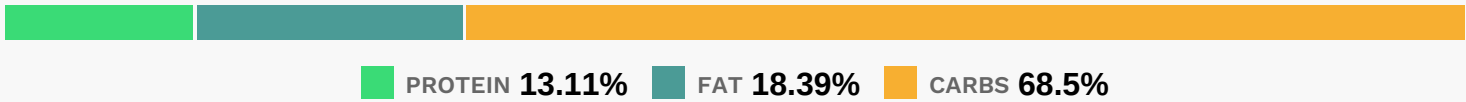
Equipment

- ☐ frying pan

Directions

- ☐ Boil the kettle.
- ☐ Heat the oil in a large, deep frying pan, then add the peppers and mushrooms. Fry over a high heat for 3 mins or until starting to soften and turn golden. Turn down the heat, then stir in the rice, garlic and five-spice. Sizzle for 2 mins, then splash in the sherry, if using, and top up with 350ml hot water.
- ☐ Cover the pan and simmer for 15–20 mins until all of the liquid has gone and the rice is tender, stirring now and again.
- ☐ Add the peas for the final few mins.
- ☐ Heat another frying pan, add a drop of the sesame oil, then add the eggs. Swirl around the pan to make a thin omelette. Once set, turn out onto a board, roll up and shred thinly. Tip the egg and spring onions onto the rice, fluff up with a fork, season with soy sauce and sesame oil, then serve.

Nutrition Facts



Properties

Glycemic Index:58.63, Glycemic Load:32.5, Inflammation Score:-9, Nutrition Score:24.940869372824%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.36mg, Luteolin:

0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 376.39kcal (18.82%), Fat: 7.57g (11.64%), Saturated Fat: 1.61g (10.06%), Carbohydrates: 63.42g (21.14%), Net Carbohydrates: 58.62g (21.32%), Sugar: 6.05g (6.73%), Cholesterol: 81.84mg (27.28%), Sodium: 295.55mg (12.85%), Alcohol: 1.16g (100%), Alcohol %: 0.54% (100%), Protein: 12.14g (24.28%), Vitamin C: 91.97mg (111.47%), Manganese: 1.08mg (53.92%), Selenium: 33.48µg (47.82%), Vitamin A: 2312.56IU (46.25%), Vitamin B2: 0.55mg (32.47%), Copper: 0.56mg (28.13%), Phosphorus: 260.49mg (26.05%), Vitamin B3: 4.97mg (24.84%), Vitamin B6: 0.48mg (24.22%), Vitamin K: 24.39µg (23.23%), Vitamin B5: 2.18mg (21.77%), Folate: 85.99µg (21.5%), Fiber: 4.8g (19.21%), Potassium: 647.69mg (18.51%), Vitamin B1: 0.25mg (16.67%), Zinc: 2.36mg (15.75%), Iron: 2.53mg (14.04%), Vitamin E: 1.87mg (12.48%), Magnesium: 48.78mg (12.19%), Calcium: 69.39mg (6.94%), Vitamin B12: 0.26µg (4.3%), Vitamin D: 0.5µg (3.35%)