



WHATSheATE



Yam Kai (Thai Eggs) with Leftover Grains



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



366 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons chili paste depending on your taste pref to taste (sambal oelek)
- ☐ 190 g brown rice cooled cooked
- ☐ 4 large eggs
- ☐ 1.5 tablespoons fish sauce
- ☐ 1.5 tablespoons juice of lime freshly squeezed (from)
- ☐ 1 pork leftover cooked thinly sliced
- ☐ 4 spring onion white green separated cut into 2-inch (5-cm) lengths, and parts
- ☐ 4 shallots thinly sliced

☐ 1 tablespoon vegetable oil

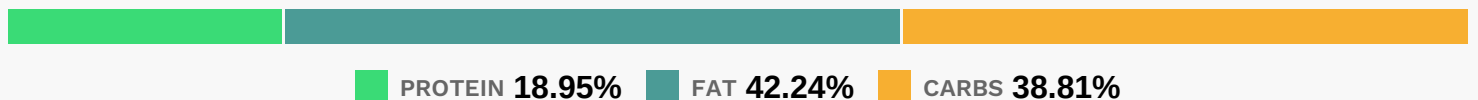
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ In a medium bowl, stir together the lime juice, fish sauce, 1 teaspoon of the chile paste, and the cooked grain of your choice; set aside.
- ☐ Put the eggs and the remaining 1/2 teaspoon of chile paste in a small bowl and beat with a fork to combine; set aside.
- ☐ In a large heavy sauté pan, heat 1/2 tablespoon of the oil over medium-high heat.
- ☐ Add the shallots, the white sections of the scallions, and the pork, if using, and cook, stirring occasionally, until the shallots are very dark brown and shriveled, about 4 minutes.
- ☐ Add the scallion greens and the remaining 1/2 tablespoon of oil and cook for 1 minute.
- ☐ Pour in the egg mixture and cook without disturbing for 30 seconds, then turn and stir, breaking it up a little but keeping good-size pieces together, cooking until just set, about 45 seconds.
- ☐ Pour in the grain mixture and cook, turning with a spatula, until heated through, about 1 minute.
- ☐ Serve.
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Nutrition Facts



Properties

Glycemic Index:57.1, Glycemic Load:13.17, Inflammation Score:-7, Nutrition Score:22.191304538561%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg, Quercetin: 2.62mg

Nutrients (% of daily need)

Calories: 365.78kcal (18.29%), Fat: 17.28g (26.59%), Saturated Fat: 4.37g (27.29%), Carbohydrates: 35.73g (11.91%), Net Carbohydrates: 31.73g (11.54%), Sugar: 5.88g (6.54%), Cholesterol: 372.45mg (124.15%), Sodium: 1213.89mg (52.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.44g (34.89%), Manganese: 1.29mg (64.41%), Vitamin K: 63µg (60%), Selenium: 32.91µg (47.02%), Phosphorus: 315.61mg (31.56%), Vitamin B2: 0.51mg (30.09%), Vitamin B6: 0.56mg (28.2%), Magnesium: 94.18mg (23.54%), Folate: 91.57µg (22.89%), Vitamin B5: 2.1mg (21.01%), Iron: 3.36mg (18.68%), Fiber: 4g (15.99%), Vitamin B12: 0.96µg (15.99%), Vitamin A: 796.02IU (15.92%), Vitamin C: 12.56mg (15.22%), Zinc: 2.24mg (14.9%), Potassium: 513.94mg (14.68%), Vitamin D: 2.01µg (13.37%), Vitamin B1: 0.19mg (12.74%), Vitamin E: 1.79mg (11.96%), Copper: 0.23mg (11.41%), Calcium: 109.5mg (10.95%), Vitamin B3: 1.97mg (9.87%)