

Recipe Analyzer Results

A single serving of this recipe has 247 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 6

Amount per serving

Calories 247

% Daily Value*

Total Fat 8.8g 11%

Saturated Fat 1.8g 9%

Cholesterol 82mg 27%

Sodium 444mg 19%

Total Carbohydrate 26.7g 10%

Dietary Fiber 1.9g 7%

Total Sugars 1.7g

Protein 15.6g

Vitamin D 5mcg 26%

Calcium 67mg 5%

Iron 2mg 13%

Ingredients:

- 30 ml (2 tbsp) vegetable oil, divided
- 2 eggs, lightly beaten
- 375 ml (1 1/2 cups) chopped (into 1/2-inch pieces) cooked chicken breast
- 4 garlic cloves, minced
- 20 ml (1 1/2 tbsp) minced fresh ginger
- 1 onion, finely diced
- 3 pieces baby bok choy, root trimmed and leaves finely chopped
- 40 ml (2 1/2 tbsp) sodium-reduced soy sauce
- 5 ml (1 tsp) sesame oil
- 4 scallions, thinly sliced
- 1 l (4 cups) cooked brown rice, chilled or at room temperature

Potassium 333mg

7%

Nutrition Facts

Servings: 6

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**