



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Spicy Rice and Vegetable Stir-Fry ♦

This spicy rice and vegetable stir-fry is a delicious and healthy main dish that combines the flavors of rice, red pepper, potato, and onion. It is a perfect dish for lunch or dinner.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Rice
150 g	Red pepper
200 g	potato
100 g	onion
2 cloves	garlic
1 tsp	Ginger

2 tbsp soy sauce

1 tbsp sesame oil

1 tsp chili flakes

Directions

Step 1

Boiling

Cook the rice according to package instructions.

Prep Time: 5 mins

Cook Time: 15 mins

Step 2

Sautéing

Heat sesame oil in a large skillet over medium heat. Add chopped onion, garlic, and ginger. Cook until fragrant.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Sautéing

Add diced red pepper and potato to the skillet. Cook until vegetables are tender.

Prep Time: 5 mins

Cook Time: 10 mins

Step 4

Sautéing

Add cooked rice to the skillet. Stir in soy sauce and chili flakes. Cook for an additional 5 minutes, stirring occasionally.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 4 g

Protein: 6 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	5 g	13.16%	20%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	80 mg	88.89%	106.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Course

Main Dishes

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Cooking Method

Baking

Food Type

Fruits

Vegetables

Grains

Soup

Visit our website: healthdor.com