



Chinese New Year Sweet Rice



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



8

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cornstarch
- ☐ 2 cups mushroom caps dried
- ☐ 1 bunch green onions diced
- ☐ 3 cups jasmine rice uncooked
- ☐ 3 tablespoons oyster sauce divided
- ☐ 1.5 cups peas green frozen
- ☐ 0.3 pound pork link sausage diced cooked
- ☐ 1 tablespoon red wine

- ☐ 1 teaspoon salt
- ☐ 3 links lop chong sausage) chinese-style
- ☐ 1 tablespoon sesame oil
- ☐ 1 pound shrimp fresh diced deveined peeled
- ☐ 2 tablespoons soya sauce
- ☐ 1.5 cups water
- ☐ 1 cup water chestnuts fresh diced peeled
- ☐ 1 tablespoon sugar white

Equipment

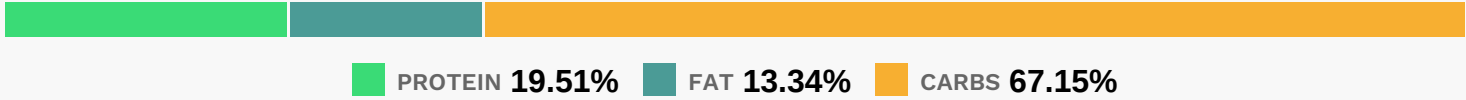
- ☐ bowl
- ☐ sauce pan
- ☐ wok
- ☐ steamer basket

Directions

- ☐ Place the jasmine rice and water in a medium saucepan. Cover and let stand at least 1 hour, until the water has been absorbed.
- ☐ Transfer to a steamer basket and fluff with a fork. Steam 20 minutes, or until tender.
- ☐ Place the dried mushrooms in a bowl with enough hot water to cover. Soak 30 minutes or until tender.
- ☐ Drain, remove stems, and slice.
- ☐ In a small bowl, mix 1 tablespoon oyster sauce, soy sauce, cornstarch, salt, sugar, and red wine.
- ☐ Place mushrooms in the bowl, and marinate at least 15 minutes.
- ☐ In the steamer basket, steam the mushrooms and Chinese-style sausage 15 to 20 minutes.
- ☐ Remove from heat and chop.
- ☐ Heat the sesame oil in a large wok over high heat. Toss in the shrimp and cook 1 to 2 minutes, until nearly opaque. Stir in the mushrooms, Chinese-style sausage, pork sausage, green onion, and water chestnuts. Cook and stir about 2 minutes.
- ☐ Mix in the rice and remaining oyster sauce. Cook another 3 to 4 minutes.

- ☐
- Remove from heat and toss in the peas.
- ☐
- Serve when the peas are heated through.

Nutrition Facts



Properties

Glycemic Index:36.7, Glycemic Load:35.57, Inflammation Score:-4, Nutrition Score:16.093478389408%

Flavonoids

Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Malvidin: 0.26mg, Malvidin: 0.26mg, Malvidin: 0.26mg, Malvidin: 0.26mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 447.98kcal (22.4%), Fat: 6.59g (10.14%), Saturated Fat: 1.76g (10.98%), Carbohydrates: 74.66g (24.89%), Net Carbohydrates: 70.14g (25.51%), Sugar: 4.52g (5.02%), Cholesterol: 101.76mg (33.92%), Sodium: 898.43mg (39.06%), Alcohol: 0.2g (100%), Alcohol %: 0.09% (100%), Protein: 21.7g (43.4%), Manganese: 1.05mg (52.43%), Copper: 0.86mg (43.23%), Phosphorus: 288.31mg (28.83%), Vitamin B5: 2.44mg (24.44%), Selenium: 14.92µg (21.32%), Zinc: 2.92mg (19.45%), Vitamin B3: 3.81mg (19.03%), Fiber: 4.51g (18.04%), Vitamin B6: 0.35mg (17.74%), Magnesium: 63.1mg (15.78%), Vitamin C: 12.36mg (14.98%), Potassium: 515.24mg (14.72%), Vitamin B1: 0.19mg (12.78%), Vitamin K: 13.41µg (12.77%), Vitamin B2: 0.21mg (12.1%), Iron: 2.1mg (11.67%), Folate: 41.08µg (10.27%), Calcium: 73.22mg (7.32%), Vitamin A: 248.84IU (4.98%), Vitamin D: 0.46µg (3.08%), Vitamin E: 0.4mg (2.67%), Vitamin B12: 0.15µg (2.52%)