



 **6%**
HEALTH SCORE

Easy Vegetable Fried Rice

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



441 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup broccoli
- 1 tbsp butter
- 0.3 cup carrots thinly sliced
- 2 cups rice cooked
- 2 cups rice cooked
- 2 cups rice cooked
- 1 eggs
- 1 clove garlic minced

- 1 tbsp ginger minced
- 0.5 cup green beans
- 0.5 cup peas
- 1.5 tbsp sesame oil
- 4 servings soya sauce to taste
- 1 dash sugar

Equipment

- bowl
- frying pan
- pot
- wok

Directions

- First blanch the raw green vegetables by sticking them in a pot of boiling water for a couple of minutes and then draining them. If you're using frozen vegetables, follow the package cooking instructions, but stop shy of three minutes of cooking time so they don't get mushy. In large pan or wok, heat your sesame oil over medium heat. Throw in the garlic and ginger and fry that up for about a minute.
- Add the carrots and stir quickly for a minute or two. Then add the rice. Now add soy sauce based on your saltiness preference.
- Let that sizzle while you whip your egg in a small bowl. Move your rice to the edges of the pan so you have an empty space in the middle.
- Add the egg and scramble it up. When it looks close to being cooked, stir the rice back into the middle of the pan. Next, throw in the broccoli and peas or other blanched vegetables of your choice.
- Add the sugar and stir for a couple minutes, then add the butter. Once the butter is melted through, let the rice sit there.
- Let it sizzle a bit. That's it!
- Serve your fried rice.

Nutrition Facts

PROTEIN 10.74% FAT 20.79% CARBS 68.47%

Properties

Glycemic Index:169.06, Glycemic Load:73.75, Inflammation Score:-9, Nutrition Score:17.325652173913%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg, Kaempferol: 1.81mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Taste

Sweetness: 100%, Saltiness: 42.29%, Sourness: 17.82%, Bitterness: 35.91%, Savoriness: 29.39%, Fattiness: 85.77%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 440.77kcal (22.04%), Fat: 10.08g (15.51%), Saturated Fat: 3.15g (19.7%), Carbohydrates: 74.71g (24.9%), Net Carbohydrates: 71.29g (25.92%), Sugar: 3.11g (3.46%), Cholesterol: 48.55mg (16.18%), Sodium: 1063.01mg (46.22%), Protein: 11.72g (23.43%), Manganese: 1.39mg (69.68%), Vitamin A: 2300.75IU (46.01%), Vitamin C: 29.5mg (35.76%), Vitamin K: 35.27µg (33.59%), Selenium: 22.42µg (32.03%), Vitamin B6: 0.39mg (19.53%), Phosphorus: 192.74mg (19.27%), Vitamin B5: 1.38mg (13.78%), Fiber: 3.42g (13.67%), Magnesium: 53.29mg (13.32%), Copper: 0.26mg (12.95%), Vitamin B3: 2.41mg (12.06%), Folate: 48.05µg (12.01%), Zinc: 1.77mg (11.81%), Vitamin B2: 0.18mg (10.66%), Vitamin B1: 0.15mg (9.78%), Iron: 1.72mg (9.55%), Potassium: 324.31mg (9.27%), Calcium: 59.43mg (5.94%), Vitamin E: 0.69mg (4.62%), Vitamin B12: 0.1µg (1.73%), Vitamin D: 0.22µg (1.47%)