



Edamame Fried Rice

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 cups broccoli florets
- 1 cup short-grain brown rice uncooked cooked
- 1.5 cups edamame frozen shelled
- 2 eggs beaten
- 2 tablespoons ginger fresh minced
- 4 garlic clove minced
- 2 cups kale chopped
- 2 tablespoons olive oil light divided

- 3 tablespoons soy sauce reduced-sodium
- 1 bell pepper red seeded chopped
- 2 spring onion thinly sliced
- 8 ounces mushroom caps thinly sliced

Equipment

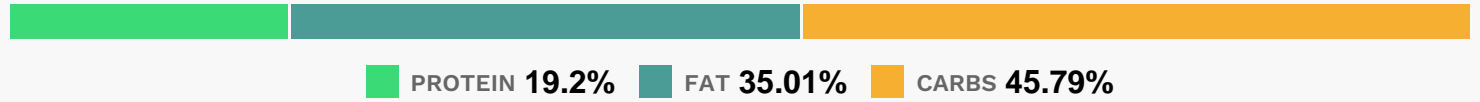
- frying pan
- spatula
- cutting board

Directions

- Heat a large skillet over high heat.
- Remove from the heat and coat with cooking spray. Return the skillet to the burner and add the eggs, turning the pan to coat it with a thin layer of eggs. Cook 30 seconds, loosening the inside edges of the eggs with a spatula. Gently flip the eggs over and cook 10 to 15 seconds.
- Transfer the eggs to a cutting board.
- Heat the same skillet over medium heat.
- Add half the oil.
- Add the mushrooms, bell pepper, broccoli, and kale. Cook 4 to 5 minutes, turning often, until the vegetables soften.
- Add the garlic and ginger. Cook 1 minute, until it becomes fragrant.
- Increase the heat to high. Push the vegetables to one side of the skillet and add the remaining olive oil, and the rice. Cook 1 to 2 minutes, turning the rice over with a metal spatula and scraping up bits that stick to the pan.
- Add the edamame and soy sauce and remove from the heat. Stir two or three times to mix in the soy sauce.
- Thinly slice the eggs. Top the rice mixture with the eggs and scallions and serve.
- Other
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The editor in chief of SELF for more than ten years, LUCY DANZIGER is also the author of the New York Times bestseller The Nine Rooms of Happiness. Four years ago, she lost 25 pounds by eating more superfoods and has kept it off ever since. She is a regular guest on television shows, including Today, The View, and Good Morning America. Danziger lives in New York City with her husband and two children.

Nutrition Facts



Properties

Glycemic Index:64.3, Glycemic Load:9.5, Inflammation Score:-10, Nutrition Score:28.798695553904%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg Kaempferol: 12.14mg, Kaempferol: 12.14mg, Kaempferol: 12.14mg, Kaempferol: 12.14mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 304.74kcal (15.24%), Fat: 12.39g (19.05%), Saturated Fat: 1.91g (11.93%), Carbohydrates: 36.44g (12.15%), Net Carbohydrates: 27.91g (10.15%), Sugar: 6.1g (6.78%), Cholesterol: 81.84mg (27.28%), Sodium: 507.78mg (22.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.28g (30.56%), Vitamin C: 131.3mg (159.15%), Vitamin K: 151.98µg (144.75%), Manganese: 1.2mg (59.88%), Vitamin A: 2726.24IU (54.52%), Fiber: 8.52g (34.1%), Vitamin B6: 0.62mg (30.93%), Potassium: 972.25mg (27.78%), Folate: 107.2µg (26.8%), Vitamin B2: 0.44mg (25.7%), Phosphorus: 254.1mg (25.41%), Vitamin B5: 2.11mg (21.13%), Vitamin B3: 4.21mg (21.07%), Iron: 3.75mg (20.84%), Magnesium: 77.88mg (19.47%), Selenium: 12.93µg (18.47%), Vitamin E: 2.58mg (17.21%), Calcium: 150.62mg (15.06%), Zinc: 1.89mg (12.59%), Vitamin B1: 0.19mg (12.34%), Copper: 0.23mg (11.36%), Vitamin D: 0.67µg (4.45%), Vitamin B12: 0.2µg (3.26%)