



Egg Fried Rice



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



266 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup bean sprouts
- ☐ 4 cups rice cold cooked
- ☐ 2 teaspoons sesame oil dark
- ☐ 2 egg whites
- ☐ 2 eggs
- ☐ 0.3 cup green onions chopped
- ☐ 1 cup peas green frozen thawed
- ☐ 0.3 teaspoon pepper

- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon vegetable oil

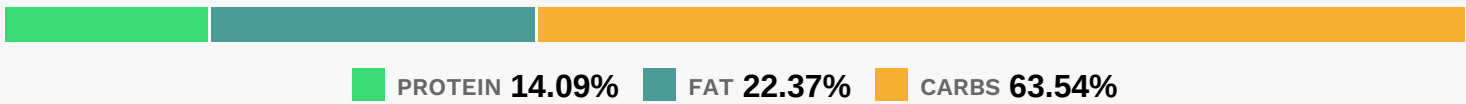
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Combine the sesame oil, eggs, and egg whites in a small bowl; stir well, and set aside.
- ☐ Heat vegetable oil in a large nonstick skillet or wok over medium-high heat.
- ☐ Add egg mixture, and stir-fry 2 minutes.
- ☐ Add rice; stir-fry 3 minutes.
- ☐ Add green peas, salt, and pepper; stir-fry 5 minutes.
- ☐ Add bean sprouts and green onions; stir-fry 2 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:43.47, Glycemic Load:39.49, Inflammation Score:-5, Nutrition Score:11.364782509596%

Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 266.03kcal (13.3%), Fat: 6.54g (10.06%), Saturated Fat: 1.32g (8.27%), Carbohydrates: 41.79g (13.93%), Net Carbohydrates: 39.05g (14.2%), Sugar: 2.87g (3.19%), Cholesterol: 65.47mg (21.82%), Sodium: 398.78mg (17.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.52%), Manganese: 0.79mg (39.26%), Vitamin K: 33.29µg (31.71%), Selenium: 17.98µg (25.68%), Vitamin C: 15.6mg (18.91%), Phosphorus: 136.18mg (13.62%), Vitamin B2: 0.22mg (12.89%), Folate: 48.37µg (12.09%), Vitamin B6: 0.22mg (10.99%), Fiber: 2.73g (10.93%), Copper: 0.19mg

(9.75%), Vitamin B5: 0.9mg (9.01%), Zinc: 1.32mg (8.82%), Vitamin B1: 0.13mg (8.75%), Magnesium: 34.05mg (8.51%), Vitamin A: 388.27IU (7.77%), Iron: 1.3mg (7.21%), Vitamin B3: 1.33mg (6.65%), Potassium: 209.64mg (5.99%), Calcium: 38.75mg (3.87%), Vitamin E: 0.58mg (3.84%), Vitamin B12: 0.17µg (2.79%), Vitamin D: 0.35µg (2.35%)