



Egg fried rice with prawns & peas

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



450 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g rice
- ☐ 2 tbsp vegetable oil
- ☐ 2 garlic clove finely chopped
- ☐ 1 to 5 chilies shredded red deseeded
- ☐ 2 eggs beaten
- ☐ 200 g pea-mond dressing frozen
- ☐ 1 bunch spring onion finely sliced
- ☐ 285 g shrimp cooked

☐ 1 tbsp soya sauce for serving, if you like

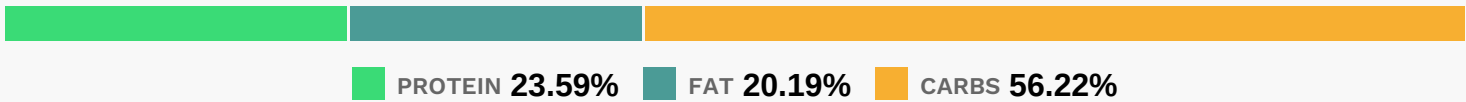
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wok

Directions

- ☐ Put the rice in a saucepan with 600ml water. Bring to boil, cover, then simmer for 10 mins or until almost all the water has gone. Leave off the heat, covered, for 5 mins more.
- ☐ Heat the oil in wok or large frying pan.
- ☐ Add the garlic and chilli, then cook for 10 secs making sure not to let it burn. Throw in the cooked rice, stir fry for 1 min, then push to the side of the pan.
- ☐ Pour the eggs into the empty side of the pan, then scramble them, stirring. Once just set, stir the peas and spring onions into the rice and egg, then cook for 2 mins until the peas are tender.
- ☐ Add the prawns and soy sauce, heat through, then serve with extra soy sauce on the side, if you like.

Nutrition Facts



Properties

Glycemic Index:56.05, Glycemic Load:33.63, Inflammation Score:-5, Nutrition Score:17.051304361095%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 449.61kcal (22.48%), Fat: 10.01g (15.39%), Saturated Fat: 1.99g (12.42%), Carbohydrates: 62.69g (20.9%), Net Carbohydrates: 58.23g (21.17%), Sugar: 2.63g (2.93%), Cholesterol: 196.55mg (65.52%), Sodium: 374.75mg (16.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.3g (52.61%), Manganese: 1.03mg (51.27%),

Phosphorus: 361.11mg (36.11%), Folate: 126.62µg (31.66%), Copper: 0.6mg (29.8%), Vitamin K: 27.5µg (26.19%), Selenium: 17.78µg (25.4%), Vitamin C: 17.96mg (21.77%), Magnesium: 75.67mg (18.92%), Fiber: 4.45g (17.82%), Zinc: 2.65mg (17.69%), Iron: 2.85mg (15.83%), Potassium: 497.67mg (14.22%), Vitamin B6: 0.28mg (13.9%), Vitamin B5: 1.23mg (12.29%), Vitamin B1: 0.17mg (11.37%), Vitamin B2: 0.18mg (10.68%), Calcium: 96.93mg (9.69%), Vitamin B3: 1.62mg (8.12%), Vitamin E: 1.11mg (7.39%), Vitamin A: 293.36IU (5.87%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)