



## Fried Brown Rice with Edamame

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

SIDE DISH

### Ingredients

- 1 tablespoon chile-garlic sauce
- 0.3 cup cilantro leaves
- 2 cups coleslaw mix
- 2 cups brown rice cooked (such as uncle Ben's ready rice; use an 8.8-ounce bag)
- 1 cup edamame frozen shelled thawed
- 2 large eggs lightly beaten
- 2 tablespoons soya sauce reduced-sodium
- 0.3 cup peanuts chopped

2 tablespoons vegetable oil

## Equipment

frying pan

## Directions

Heat vegetable oil in a large heavy-bottomed skillet over high heat.

Add cooked brown rice; cook until heated through (about 1 minute). Stir eggs into rice; cook 30 seconds. Stir in coleslaw mix, edamame, soy sauce, and chile-garlic sauce; cook 2 minutes or until eggs are cooked and edamame are heated through.

Serve rice topped with cilantro and peanuts.

## Nutrition Facts



**PROTEIN 15.4%** **FAT 43.86%** **CARBS 40.74%**

## Properties

Glycemic Index:35.61, Glycemic Load:11.64, Inflammation Score:-5, Nutrition Score:14.946521904158%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

## Nutrients (% of daily need)

Calories: 320.54kcal (16.03%), Fat: 15.81g (24.33%), Saturated Fat: 2.69g (16.83%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 27.79g (10.11%), Sugar: 3g (3.33%), Cholesterol: 93mg (31%), Sodium: 542.04mg (23.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.49g (24.98%), Manganese: 1.41mg (70.58%), Vitamin K: 42.28µg (40.27%), Fiber: 5.25g (21.01%), Phosphorus: 182.84mg (18.28%), Magnesium: 73.04mg (18.26%), Vitamin C: 13.08mg (15.85%), Vitamin B3: 2.95mg (14.76%), Iron: 2.6mg (14.45%), Folate: 56.74µg (14.19%), Vitamin B6: 0.28mg (13.86%), Vitamin B1: 0.2mg (13.08%), Potassium: 439.28mg (12.55%), Selenium: 8.49µg (12.12%), Vitamin B5: 1.03mg (10.32%), Vitamin B2: 0.17mg (10.18%), Copper: 0.19mg (9.6%), Zinc: 1.25mg (8.34%), Calcium: 80.99mg (8.1%), Vitamin E: 0.93mg (6.19%), Vitamin A: 236.78IU (4.74%), Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.5µg (3.33%)