



 **53%**
HEALTH SCORE

Fried Brown Rice with Snow Peas and Peanuts

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

SIDE DISH

Ingredients

- 8.8 ounce precooked brown rice (such as Uncle Ben's)
- 1 teaspoon garlic minced
- 1 tablespoon lower-sodium soy sauce
- 0.5 cup onion thinly sliced
- 1 tablespoon vegetable oil; peanut oil preferred
- 0.3 cup peanuts
- 1 tablespoon rice vinegar
- 1.5 cups snow peas sliced

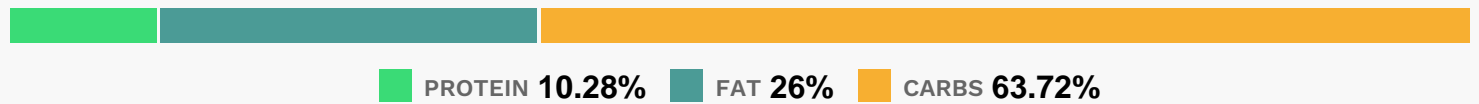
Equipment

- frying pan
- wok

Directions

- Heat a large wok or skillet over medium-high heat.
- Add peanut oil; swirl.
- Add onion and garlic; stir-fry 1 minute.
- Add snow peas and peanuts; stir-fry 2 minutes.
- Add rice; stir-fry 1 minute. Stir in vinegar and soy sauce; stir-fry 1 minute.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:27.23, Inflammation Score:-7, Nutrition Score:16.531739177911%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 336.28kcal (16.81%), Fat: 9.81g (15.09%), Saturated Fat: 1.65g (10.3%), Carbohydrates: 54.07g (18.02%), Net Carbohydrates: 49.74g (18.09%), Sugar: 2.35g (2.61%), Cholesterol: 0mg (0%), Sodium: 150.98mg (6.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.72g (17.45%), Manganese: 2.72mg (136.13%), Magnesium: 120.15mg (30.04%), Vitamin C: 23.76mg (28.8%), Vitamin B1: 0.39mg (25.77%), Phosphorus: 233.28mg (23.33%), Vitamin B6: 0.45mg (22.39%), Vitamin B3: 4.43mg (22.17%), Fiber: 4.33g (17.31%), Copper: 0.3mg (14.81%), Vitamin B5: 1.41mg (14.1%), Folate: 55.39µg (13.85%), Iron: 2.35mg (13.08%), Zinc: 1.63mg (10.85%), Potassium: 354.91mg (10.14%), Vitamin K: 9.3µg (8.86%), Vitamin A: 399.94IU (8%), Calcium: 53.45mg (5.35%), Vitamin B2: 0.08mg (4.96%), Vitamin E: 0.71mg (4.76%), Selenium: 1.16µg (1.66%)