



Fried Rice with Asparagus and Eggs

 Vegetarian  Gluten Free  Dairy Free

READY IN



18 min.

SERVINGS



5

CALORIES



237 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups diagonally cut asparagus (1-inch)
- 0.5 cup pre-shredded carrot
- 3 cups rice long-grain chilled cooked
- 1 teaspoon sesame oil dark
- 4 large eggs lightly beaten
- 1 teaspoon ginger fresh grated peeled
- 0.3 cup green onions thinly sliced
- 3 tablespoons soya sauce low-sodium

- 0.5 cup peas green frozen thawed
- 0.3 teaspoon salt
- 0.3 cup vegetable broth
- 2 teaspoons vegetable oil divided

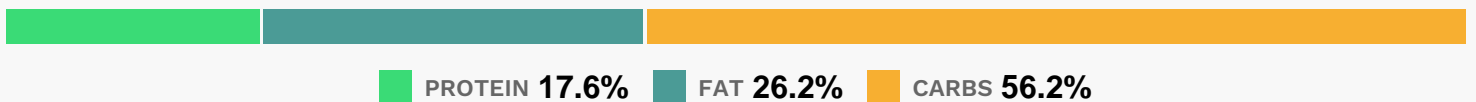
Equipment

- bowl
- frying pan
- whisk

Directions

- Combine first 5 ingredients in a medium bowl; stir with a whisk.
- Steam asparagus and carrot, covered, 2 minutes or until crisp-tender. Rinse with cold water; drain.
- Heat 1 teaspoon vegetable oil in a large nonstick skillet coated with cooking spray over medium-high heat.
- Add egg; cook 1 minute or until scrambled, stirring constantly.
- Remove egg from pan.
- Heat 1 teaspoon oil in pan.
- Add rice; cook 3 minutes or until hot, stirring occasionally.
- Add asparagus, carrot, scrambled egg, peas, onions, and broth mixture; cook 2 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:64.83, Glycemic Load:30.07, Inflammation Score:-9, Nutrition Score:14.929130326147%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg, Isorhamnetin: 2.29mg Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg, Kaempferol: 0.66mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg

Nutrients (% of daily need)

Calories: 236.63kcal (11.83%), Fat: 6.85g (10.53%), Saturated Fat: 1.75g (10.93%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 30.43g (11.07%), Sugar: 2.68g (2.98%), Cholesterol: 148.8mg (49.6%), Sodium: 593.5mg (25.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.35g (20.69%), Vitamin A: 2852.43IU (57.05%), Vitamin K: 35.9µg (34.19%), Manganese: 0.65mg (32.49%), Selenium: 20.67µg (29.53%), Vitamin B2: 0.31mg (17.97%), Phosphorus: 178.93mg (17.89%), Folate: 61.87µg (15.47%), Vitamin B6: 0.25mg (12.7%), Iron: 2.21mg (12.27%), Vitamin C: 9.77mg (11.84%), Vitamin B5: 1.18mg (11.78%), Copper: 0.21mg (10.57%), Fiber: 2.61g (10.45%), Zinc: 1.51mg (10.03%), Vitamin B1: 0.15mg (9.74%), Magnesium: 35.92mg (8.98%), Potassium: 295.2mg (8.43%), Vitamin E: 1.24mg (8.28%), Vitamin B3: 1.37mg (6.85%), Vitamin B12: 0.36µg (5.93%), Calcium: 55.99mg (5.6%), Vitamin D: 0.8µg (5.33%)