



Fried Rice with Scallions, Edamame and Tofu



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon canola oil divided
- ☐ 4 cups brown rice leftover cooked
- ☐ 0.8 cup edamame shelled cooked
- ☐ 2 eggs beaten
- ☐ 0.5 cup regular corn fresh thawed
- ☐ 2 large cloves garlic minced
- ☐ 1 tablespoon ginger minced
- ☐ 3 tablespoons soya sauce low-sodium

- ☐ 0.8 cup bell pepper diced red finely
- ☐ 4 scallions rinsed trimmed thinly sliced
- ☐ 6 ounces spicy tofu firm cut into 1/4-inch cubes

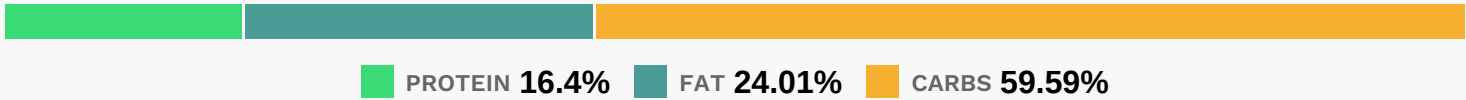
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Heat 1 tablespoon of oil in a wok or large skillet until very hot.
- ☐ Add the garlic, scallions and ginger and cook, stirring, until softened and aromatic, about 2 to 3 minutes.
- ☐ Add the rice, red pepper, edamame, corn and tofu and cook, stirring, until heated through, about 5 minutes. Make a 3-inch well in the center of the rice mixture.
- ☐ Add 1 teaspoon of canola oil, then add the eggs and cook until nearly fully scrambled. Stir the eggs into the rice mixture, then add soy sauce and incorporate thoroughly.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:44.05, Glycemic Load:22.91, Inflammation Score:-8, Nutrition Score:20.306521768155%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 387.44kcal (19.37%), Fat: 10.42g (16.03%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 58.16g (19.39%), Net Carbohydrates: 51.78g (18.83%), Sugar: 3.65g (4.06%), Cholesterol: 81.84mg (27.28%), Sodium: 473.13mg (20.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.01g (32.02%), Manganese: 2.31mg (115.27%),

Vitamin C: 39.8mg (48.25%), Magnesium: 110.31mg (27.58%), Vitamin K: 28.85µg (27.48%), Fiber: 6.39g (25.54%), Phosphorus: 244.35mg (24.44%), Vitamin B6: 0.47mg (23.7%), Vitamin A: 1147.19IU (22.94%), Iron: 3.27mg (18.16%), Vitamin B1: 0.27mg (17.71%), Vitamin B3: 3.43mg (17.14%), Potassium: 506.18mg (14.46%), Vitamin B5: 1.38mg (13.8%), Folate: 51.8µg (12.95%), Calcium: 125.4mg (12.54%), Zinc: 1.81mg (12.07%), Vitamin B2: 0.2mg (11.66%), Copper: 0.21mg (10.63%), Selenium: 7.25µg (10.35%), Vitamin E: 1.42mg (9.46%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)