



Jewel Fried Rice



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



5

CALORIES



297 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 cups rice cooked
- ☐ 3 eggs beaten
- ☐ 2 tablespoons spring onion sliced
- ☐ 3 tablespoons sauce
- ☐ 4.5 oz mushrooms drained sliced
- ☐ 2.5 cups peas sweet frozen thawed
- ☐ 4 oz shrimp rinsed drained canned

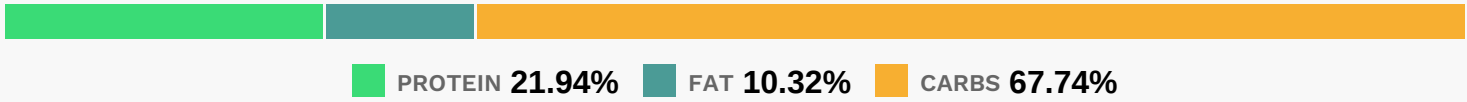
Equipment

frying pan

Directions

- Spray large skillet with nonstick cooking spray; heat over medium heat until hot.
- Add eggs and onions; cook and stir about 2 minutes or until eggs are firm.
- Add cooked rice and all remaining ingredients; cook and stir 2 to 4 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:43.47, Glycemic Load:41.28, Inflammation Score:-6, Nutrition Score:16.598695433658%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 297.44kcal (14.87%), Fat: 3.37g (5.19%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 49.79g (16.6%), Net Carbohydrates: 44.84g (16.3%), Sugar: 6.91g (7.68%), Cholesterol: 134.72mg (44.91%), Sodium: 179.03mg (7.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.13g (32.26%), Manganese: 0.92mg (46.23%), Vitamin C: 29.99mg (36.35%), Selenium: 21.28µg (30.4%), Phosphorus: 256.29mg (25.63%), Vitamin K: 23.03µg (21.93%), Copper: 0.41mg (20.28%), Vitamin B2: 0.34mg (19.84%), Fiber: 4.96g (19.82%), Folate: 69.2µg (17.3%), Vitamin B1: 0.25mg (16.71%), Vitamin B6: 0.31mg (15.65%), Zinc: 2.3mg (15.37%), Vitamin B3: 2.97mg (14.87%), Vitamin A: 721.11IU (14.42%), Vitamin B5: 1.36mg (13.57%), Magnesium: 52.98mg (13.24%), Potassium: 405.21mg (11.58%), Iron: 2.06mg (11.45%), Calcium: 62.56mg (6.26%), Vitamin B12: 0.25µg (4.09%), Vitamin D: 0.58µg (3.86%), Vitamin E: 0.44mg (2.92%)