



Mushroom Fried Rice with Pickled Ginger



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



1300 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 tablespoons canola oil divided
- ☐ 2 medium carrots peeled cut into 1/4-inch cubes
- ☐ 0.5 pound crimini mushrooms cleaned sliced
- ☐ 4 eggs beaten
- ☐ 1.5 tablespoons soy sauce light
- ☐ 2 tablespoon oyster sauce
- ☐ 0.5 cup peas green frozen
- ☐ 0.5 cup pickled ginger chopped

- ☐ 1.5 tablespoons rice wine
- ☐ 2 spring onion green ends trimmed thinly sliced
- ☐ 0.5 pound mushroom caps cleaned sliced
- ☐ 6 cups rice white with your fingers) leftover

Equipment

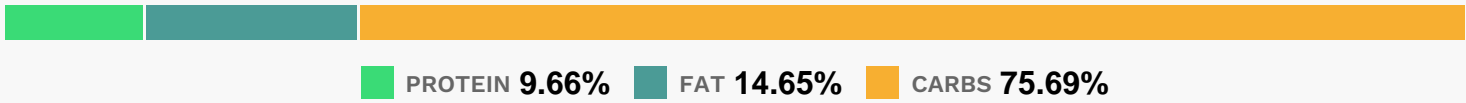
- ☐ bowl
- ☐ whisk
- ☐ wooden spoon
- ☐ wok

Directions

- ☐ Whisk together oyster sauce, soy sauce, and rice wine in a medium-sized bowl. Set aside.
- ☐ Heat a tablespoon of the canola oil in a large wok over high heat until smoking. Swirl the oil around to cover the bottom, and pour in the eggs. Stir-fry until eggs are cooked, breaking them up into small pieces with a wooden spoon.
- ☐ Transfer eggs to a bowl and further break into 1/2-inch pieces. Wipe out wok.
- ☐ Return wok to high heat and add another tablespoon oil.
- ☐ Heat until smoking. Swirl the oil around to cover the bottom, and add as many of the mushrooms as will fit in one layer, approximately half. Stir-fry until tender, but before they become too soft, about 1 minute.
- ☐ Transfer to bowl with the eggs, and repeat with remaining mushrooms. Wipe out wok.
- ☐ Return wok to high heat and add remaining tablespoon oil.
- ☐ Heat until smoking. Swirl the oil around to cover the bottom, and add the carrots. Cook until they turn bright orange, about 30 seconds.
- ☐ Add the rice, and stir-fry until very hot, making sure none sticks on the bottom of the wok.
- ☐ Add the cooked eggs and mushrooms, along with the frozen peas. Stir-fry until everything is warm.
- ☐ Pour in the sauce, and stir-fry until the rice is evenly coated, and no remaining sauce is left. Turn off the heat and stir in half the scallions.

- ☐
- Divide the fried rice between four plates. Top with a generous helping of pickled ginger, along with some extra scallions if you'd like.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:61.59, Glycemic Load:136.82, Inflammation Score:-10, Nutrition Score:39.59347820282%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 1300.25kcal (65.01%), Fat: 20.76g (31.94%), Saturated Fat: 3g (18.78%), Carbohydrates: 241.33g (80.44%), Net Carbohydrates: 233.25g (84.82%), Sugar: 6.05g (6.72%), Cholesterol: 163.68mg (54.56%), Sodium: 734.48mg (31.93%), Alcohol: 0.91g (100%), Alcohol %: 0.21% (100%), Protein: 30.79g (61.58%), Manganese: 3.48mg (173.81%), Vitamin A: 5531.41IU (110.63%), Selenium: 74.51µg (106.45%), Phosphorus: 591.4mg (59.14%), Copper: 1.15mg (57.32%), Vitamin B5: 5.38mg (53.83%), Vitamin B3: 10.16mg (50.78%), Vitamin B2: 0.82mg (47.99%), Vitamin B6: 0.9mg (44.85%), Zinc: 5.26mg (35.07%), Fiber: 8.08g (32.32%), Potassium: 1107.91mg (31.65%), Vitamin K: 31.36µg (29.87%), Magnesium: 118.05mg (29.51%), Vitamin B1: 0.36mg (23.88%), Vitamin E: 3.56mg (23.72%), Iron: 4.26mg (23.64%), Folate: 91.66µg (22.91%), Calcium: 141.84mg (14.18%), Vitamin C: 11.67mg (14.14%), Vitamin B12: 0.49µg (8.09%), Vitamin D: 1.16µg (7.76%)