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Oz Family Stir-Fried Rice

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



354 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 large carrots shredded peeled
- 3 tablespoons coconut oil organic softened
- 4 cups short-grain brown rice cooked (day old is best)
- 3 eggs
- 1 tablespoon ginger fresh minced peeled
- 6 garlic clove minced peeled
- 2 cups kale (long strips)
- 0.3 cup soy sauce low-sodium

- 2 tablespoons maple syrup pure
- 2 tablespoons mirin
- 2 tablespoons rice vinegar
- 2 spring onion light white green sliced thin (and parts)
- 8 servings sea salt black
- 2 tablespoons sesame oil toasted
- 4 tablespoons sesame seed toasted
- 3 ounces mushroom caps sliced
- 1 cup snow peas
- 2 tablespoons sriracha
- 1 pound shrimp deveined cleaned
- 1 medium onion yellow chopped

Equipment

- bowl
- frying pan
- whisk
- wooden spoon
- spatula

Directions

- Add 1 tablespoon oil to a large cast-iron skillet over medium-low heat.
- Add the shrimp and cook them on both sides until they are pink and completely opaque and cooked through, about 5 minutes.
- Remove the shrimp from the pan and set them aside in a bowl. (If you're substituting tempeh, thaw if frozen, then place in a large cast-iron skillet with half the coconut oil over medium heat. Use a wooden spoon to break the tempeh brick apart into small pieces and fry them until cooked through and some pieces are crispy, 5 to 8 minutes. Set aside.)
- Increase the heat to medium, add 1 more tablespoon oil, and saut the chopped onion for 2 minutes, until softened but not browned.

- Add the garlic and ginger. Stir continuously to make sure the garlic does not burn. After 2 minutes, add the mushrooms and saut until the mushrooms are softened.
- Add the soy sauce, sriracha, and sesame oil (if using) and stir to combine.
- Add the snow peas, kale, and carrot and cook until the kale is slightly wilted, about 3 minutes.
- Add remaining tablespoon of oil and the rice and toss in the pan until the rice is heated through. Chop the shrimp into bite-size pieces and add them to the rice mixture.
- In a small bowl, whisk the eggs. Push the rice to one side of the pan and pour the eggs onto the pan surface, moving them with a spatula to scramble and cook. Stir the cooked egg throughout the rice.
- Drizzle the rice with the vinegar, mirin, and syrup and give it a final toss before serving with a sprinkle of salt and pepper, sesame seeds, and thinly sliced scallions.
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Nutrition Facts



Properties

Glycemic Index:51.32, Glycemic Load:15.81, Inflammation Score:-10, Nutrition Score:19.329130369684%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg Kaempferol: 2.61mg, Kaempferol: 2.61mg, Kaempferol: 2.61mg, Kaempferol: 2.61mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg, Quercetin: 4.36mg

Nutrients (% of daily need)

Calories: 353.55kcal (17.68%), Fat: 13.79g (21.21%), Saturated Fat: 5.91g (36.93%), Carbohydrates: 39.83g (13.28%), Net Carbohydrates: 35.72g (12.99%), Sugar: 6.07g (6.74%), Cholesterol: 152.67mg (50.89%), Sodium: 799.72mg (34.77%), Alcohol: 0.43g (100%), Alcohol %: 0.19% (100%), Protein: 19.09g (38.18%), Manganese: 1.75mg (87.39%), Vitamin A: 2286.28IU (45.73%), Phosphorus: 321.68mg (32.17%), Vitamin K: 31.66µg (30.16%), Copper: 0.55mg (27.37%), Magnesium: 107.3mg (26.82%), Vitamin C: 17.54mg (21.26%), Vitamin B6: 0.38mg (18.83%), Fiber: 4.11g (16.45%), Zinc: 2.39mg (15.93%), Vitamin B2: 0.26mg (15.08%), Vitamin B1: 0.21mg (14.14%), Iron: 2.49mg (13.83%), Potassium: 482.98mg (13.8%), Calcium: 136.99mg (13.7%), Vitamin B3: 2.59mg (12.95%), Selenium: 7.68µg (10.96%),

Vitamin B5: 1.07mg (10.71%), Folate: 37.42µg (9.36%), Vitamin E: 0.45mg (3%), Vitamin D: 0.37µg (2.48%), Vitamin B12: 0.15µg (2.45%)