



## Quick Vegetable Fried Rice

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



357 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.3 cup water chestnuts canned drained sliced
- 0.3 cup celery diagonally sliced
- 2 cups brown rice chilled instant cooked
- 2 teaspoons sesame oil dark divided
- 1 large eggs beaten
- 3 tablespoons soya sauce low-sodium
- 0.8 cup peas green frozen

0.5 cup diagonally snow peas trimmed halved

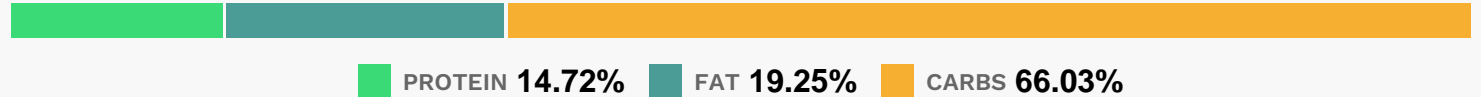
## Equipment

frying pan

## Directions

- Heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add celery and snow peas to pan; saut 3 minutes.
- Add green peas and water chestnuts; saut 1 minute.
- Push vegetables to one side of pan.
- Pour egg into other side of pan. Cook, stirring often, until done.
- Add cooked rice, tossing well. Stir in remaining sesame oil, soy sauce, and pepper. Cook 1 minute or until rice mixture is thoroughly heated, tossing occasionally.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:54.17, Glycemic Load:2.2, Inflammation Score:-8, Nutrition Score:19.846086937448%

## 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 Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 357.19kcal (17.86%), Fat: 7.6g (11.7%), Saturated Fat: 1.45g (9.08%), Carbohydrates: 58.7g (19.57%), Net Carbohydrates: 52.37g (19.04%), Sugar: 5.59g (6.21%), Cholesterol: 93mg (31%), Sodium: 926.71mg (40.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.08g (26.17%), Manganese: 1.05mg (52.61%), Folate: 192.09µg (48.02%), Vitamin C: 37.54mg (45.5%), Iron: 5.43mg (30.18%), Fiber: 6.33g (25.31%), Selenium: 17.26µg (24.65%), Vitamin K: 25.66µg (24.43%), Phosphorus: 235.01mg (23.5%), Vitamin B3: 4.66mg (23.29%), Vitamin B1: 0.33mg

(22.22%), Vitamin B6: 0.38mg (18.89%), Vitamin A: 894.23IU (17.88%), Vitamin B2: 0.3mg (17.48%), Zinc: 2.25mg (15.02%), Magnesium: 56.17mg (14.04%), Copper: 0.26mg (12.96%), Potassium: 414.57mg (11.84%), Vitamin B5: 0.9mg (9%), Calcium: 68.06mg (6.81%), Vitamin E: 0.87mg (5.79%), Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.5µg (3.33%)