



Rainbow Fried Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



366 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 4.5 cups rice chilled cooked
- 1.5 teaspoons sesame oil dark
- 1 large eggs lightly beaten
- 2 teaspoons ginger fresh minced
- 1 cup green onions finely chopped
- 3.5 tablespoons soya sauce low-sodium
- 10 ounce peas green frozen thawed

- 2.5 tablespoons sake (rice wine)
- 0.3 teaspoon salt
- 8 ounces shrimp cooked chopped
- 2 tablespoons vegetable oil
- 2 tablespoons water

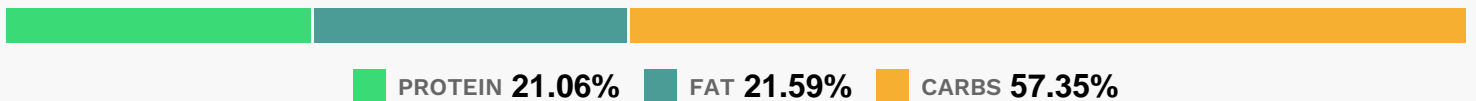
Equipment

- bowl
- whisk
- wok

Directions

- To prepare sauce, combine soy sauce through pepper in a small bowl, stirring with a whisk. Set aside.
- To prepare stir-fry, heat vegetable oil in a wok over high heat.
- Add egg; stir-fry 30 seconds or until scrambled.
- Add onions and ginger; stir-fry 1 minute.
- Add shrimp, peas, and rice; stir-fry 3 minutes or until thoroughly heated. Stir in sauce mixture.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:46.47, Glycemic Load:45.56, Inflammation Score:-7, Nutrition Score:16.92826074621%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 366.06kcal (18.3%), Fat: 8.53g (13.12%), Saturated Fat: 1.52g (9.51%), Carbohydrates: 50.97g (16.99%), Net Carbohydrates: 46.53g (16.92%), Sugar: 3.86g (4.29%), Cholesterol: 110.23mg (36.74%), Sodium: 595.68mg (25.9%), Alcohol: 1.21g (100%), Alcohol %: 0.5% (100%), Protein: 18.72g (37.44%), Vitamin K: 65.82µg (62.69%), Manganese: 1.02mg (50.79%), Vitamin C: 26.48mg (32.1%), Phosphorus: 266.12mg (26.61%), Selenium: 15.05µg (21.5%), Copper: 0.41mg (20.47%), Fiber: 4.44g (17.76%), Magnesium: 65.61mg (16.4%), Folate: 63.65µg (15.91%), Zinc: 2.31mg (15.4%), Vitamin B6: 0.28mg (13.84%), Vitamin A: 687.69IU (13.75%), Vitamin B1: 0.2mg (13.27%), Potassium: 422.84mg (12.08%), Iron: 2mg (11.11%), Vitamin B2: 0.18mg (10.73%), Vitamin B3: 2mg (10.01%), Vitamin B5: 0.82mg (8.21%), Calcium: 81.98mg (8.2%), Vitamin E: 0.86mg (5.71%), Vitamin B12: 0.09µg (1.48%), Vitamin D: 0.2µg (1.33%)