



Sesame Shrimp Fried Rice with Cabbage

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



434 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 4 cups brown rice very cold cooked
- ☐ 1 tablespoon ginger fresh grated peeled
- ☐ 5 cups cabbage green thinly sliced
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 4 scallions white green thinly sliced
- ☐ 1 tablespoon sesame oil toasted
- ☐ 2 tablespoons sesame seed

☐ 1 pound shrimp cleaned peeled

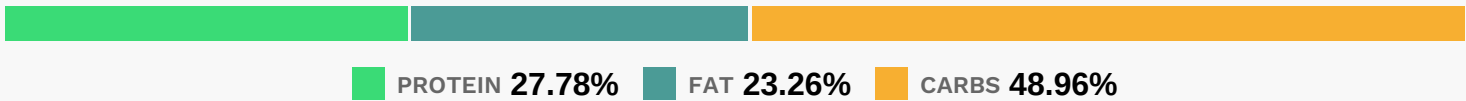
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oil in a very large nonstick skillet or wok over a high heat.
- ☐ Add the scallions, ginger and shrimp and cook stirring frequently until the shrimp turn pink, about 1 1/2 minutes.
- ☐ Add the cabbage and continue cooking until it begins to soften, but is still somewhat crisp, about 2 minutes more.
- ☐ Transfer the shrimp-cabbage mixture to a bowl.
- ☐ Heat the sesame oil in the same skillet or wok over a medium-high heat.
- ☐ Add the rice and cook stirring frequently, until heated through, about 3 minutes.
- ☐ Add the shrimp-cabbage mixture back to the skillet, stir in the soy sauce and sesame seeds and serve.

Nutrition Facts



Properties

Glycemic Index:44.55, Glycemic Load:23.76, Inflammation Score:-7, Nutrition Score:24.566956406054%

Flavonoids

Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 433.54kcal (21.68%), Fat: 11.34g (17.45%), Saturated Fat: 1.51g (9.44%), Carbohydrates: 53.72g (17.91%), Net Carbohydrates: 47.12g (17.13%), Sugar: 3.18g (3.53%), Cholesterol: 182.57mg (60.86%), Sodium: 587.23mg (25.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.48g (60.97%), Manganese: 2.49mg (124.45%), Vitamin K: 94.31µg (89.82%), Phosphorus: 465.69mg (46.57%), Vitamin C: 34.37mg (41.66%), Magnesium: 161.46mg (40.37%), Copper: 0.8mg (40.05%), Fiber: 6.6g (26.4%), Vitamin B6: 0.46mg (23%), Zinc: 3.34mg (22.29%), Potassium: 703.51mg (20.1%), Vitamin B1: 0.3mg (19.72%), Calcium: 178.59mg (17.86%), Iron: 2.97mg (16.48%), Vitamin B3: 3.19mg (15.96%), Folate: 62.46µg (15.61%), Vitamin B5: 1mg (10.03%), Vitamin B2: 0.11mg (6.31%), Vitamin E: 0.92mg (6.15%), Vitamin A: 205.75IU (4.11%), Selenium: 1.78µg (2.55%)