



## Shrimp Fried Rice

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

READY IN



45 min.

SERVINGS



6

CALORIES



364 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- 0.3 teaspoon pepper black freshly ground
- 5 cups rice long-grain chilled cooked
- 1 teaspoon sesame oil dark
- 2 large eggs lightly beaten
- 2 tablespoons less-sodium chicken broth fat-free
- 1 tablespoon ginger fresh minced peeled
- 2 cups green onions chopped
- 1 tablespoon soya sauce low-sodium

- 10 ounce peas green frozen thawed
- 2 tablespoons rice wine
- 0.5 teaspoon salt
- 1 pound shrimp cooked peeled coarsely chopped
- 2 tablespoons vegetable oil

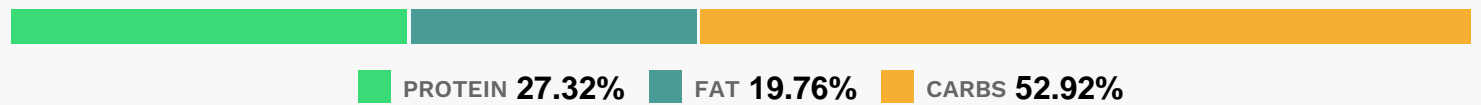
## Equipment

- bowl
- frying pan
- wok

## Directions

- Combine first 6 ingredients in a bowl; set aside.
- Heat vegetable oil in a wok or large nonstick skillet over medium-high heat.
- Add eggs; stir-fry 30 seconds or until soft-scrambled.
- Add onions and ginger; stir-fry 1 minute.
- Add rice, shrimp, and peas; stir-fry 3 minutes or until thoroughly heated.
- Add broth mixture; toss gently to coat.

## Nutrition Facts



## Properties

Glycemic Index:38.72, Glycemic Load:42.22, Inflammation Score:-7, Nutrition Score:18.591304405876%

## Flavonoids

Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

## Nutrients (% of daily need)

Calories: 363.73kcal (18.19%), Fat: 7.82g (12.03%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 47.13g (15.71%), Net Carbohydrates: 42.98g (15.63%), Sugar: 3.62g (4.03%), Cholesterol: 183.71mg (61.24%), Sodium: 432.86mg

(18.82%), Alcohol: 0.81g (100%), Alcohol %: 0.31% (100%), Protein: 24.33g (48.66%), Vitamin K: 89.33µg (85.08%), Manganese: 0.92mg (46.19%), Phosphorus: 320.56mg (32.06%), Vitamin C: 25.22mg (30.58%), Copper: 0.52mg (25.79%), Selenium: 16.25µg (23.21%), Zinc: 2.62mg (17.45%), Magnesium: 69.36mg (17.34%), Fiber: 4.15g (16.6%), Folate: 65.19µg (16.3%), Vitamin A: 784.25IU (15.68%), Potassium: 494.06mg (14.12%), Vitamin B6: 0.26mg (12.9%), Iron: 2.2mg (12.23%), Vitamin B1: 0.18mg (11.92%), Vitamin B2: 0.19mg (11.19%), Calcium: 108.62mg (10.86%), Vitamin B3: 1.77mg (8.85%), Vitamin B5: 0.86mg (8.61%), Vitamin E: 0.87mg (5.78%), Vitamin B12: 0.16µg (2.64%), Vitamin D: 0.33µg (2.22%)