



Shrimp Fried Rice

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



549 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 ounce water chestnuts canned
- 2 servings canola oil
- 1 cup rice white cooled cooked
- 0.3 cup edamame beans
- 1 eggs
- 2 servings cilantro leaves fresh for garnish
- 1 piece ginger fresh grated peeled
- 4 cloves garlic minced smashed

- 0.5 teaspoon xo sauce
- 1 cup mung bean sprouts
- 1 cup napa cabbage thinly sliced
- 1.5 tablespoons rice vinegar
- 2 ounces sausage chinese thinly sliced
- 5 scallions separated thinly sliced chopped
- 8 ounces shrimp deveined peeled
- 0.3 cup soya sauce
- 0.5 teaspoon sambal
- 0.5 teaspoon sambal

Equipment

- bowl
- wok

Directions

- To a wok over medium-high heat, add a light coating of oil.
- Add half of the ginger, garlic and scallion whites to flavor the oil.
- Add the shrimp, sausage, cabbage, edamame and water chestnuts, tossing to heat through, 1 to 2 minutes.
- Add the soy sauce, rice wine vinegar, sambal, XO sauce and sprouts. Cook for 1 minute until the shrimp is pink. Move all to a bowl.
- Add another light coating of oil to the wok.
- Add the remaining half of the ginger, garlic and scallion whites to flavor the oil.
- Add the rice and spread around the wok to toast and get crispy.
- Add a little more oil to encourage golden-ness, and cook 4 to 5 minutes. Season with a splash of vinegar and soy.
- Add the sauteed shrimp and vegetables back into the wok. Toss in your scallion greens and place onto a plate.
- To the same wok, turn the burner down, add the egg and cook, 1 to 2 minutes.

Place the fried egg on top of the plate.

Garnish with cilantro leaves.

Nutrition Facts

PROTEIN 28.98% **FAT 41.14%** **CARBS 29.88%**

Properties

Glycemic Index:171.5, Glycemic Load:25.47, Inflammation Score:-7, Nutrition Score:25.359565444615%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg, Quercetin: 3.44mg

Nutrients (% of daily need)

Calories: 549.23kcal (27.46%), Fat: 25.37g (39.03%), Saturated Fat: 4.46g (27.88%), Carbohydrates: 41.46g (13.82%), Net Carbohydrates: 36.69g (13.34%), Sugar: 6g (6.66%), Cholesterol: 284.82mg (94.94%), Sodium: 1998.72mg (86.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.2g (80.4%), Vitamin K: 106.22µg (101.17%), Manganese: 0.94mg (47.08%), Phosphorus: 465.78mg (46.58%), Copper: 0.77mg (38.32%), Vitamin C: 25.6mg (31.03%), Vitamin B6: 0.56mg (27.91%), Potassium: 914.9mg (26.14%), Folate: 102.33µg (25.58%), Zinc: 3.6mg (23.99%), Magnesium: 94.66mg (23.66%), Iron: 4.19mg (23.26%), Vitamin E: 3.27mg (21.78%), Selenium: 14.88µg (21.26%), Fiber: 4.77g (19.09%), Calcium: 187.92mg (18.79%), Vitamin B3: 3.74mg (18.7%), Vitamin B2: 0.32mg (18.57%), Vitamin B1: 0.21mg (14.19%), Vitamin B5: 1.31mg (13.11%), Vitamin A: 578.21IU (11.56%), Vitamin B12: 0.44µg (7.28%), Vitamin D: 0.81µg (5.39%)