



## Shrimp Fried Rice

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



330 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 tablespoon canola oil
- 1 teaspoon sesame oil dark
- 2 large eggs lightly beaten
- 1 cup green onions chopped
- 1 tablespoon bottled ground ginger fresh (such as Spice World)
- 2 tablespoons soya sauce low-sodium
- 10 ounce peas green frozen
- 1 Dash pepper red crushed

- 10.5 ounce boil-in-bag rice long-grain
- 2 tablespoons rice vinegar
- 0.3 teaspoon salt
- 12 ounces shrimp deveined peeled

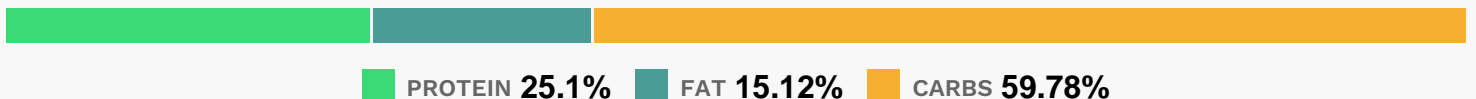
## Equipment

- frying pan

## Directions

- Cook rice according to package directions, omitting salt and fat.
- Drain.
- Remove rice from bags, and return to pan.
- Add peas to the pan, stirring well. Cover and keep warm.
- Heat a nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add eggs to pan; cook 1 minute or until set.
- Remove eggs from pan; coarsely chop. Return pan to heat; add canola oil to pan.
- Add onions and ginger to pan; saut 1 minute.
- Add shrimp to pan; saut 2 minutes or until shrimp are done.
- Add shrimp mixture and eggs to rice mixture; stir well.
- Combine vinegar and the remaining ingredients, stirring well.
- Drizzle vinegar mixture over rice mixture; stir well.

## Nutrition Facts



## Properties

Glycemic Index:31.25, Glycemic Load:25.95, Inflammation Score:-6, Nutrition Score:15.836521770643%

## Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

## Nutrients (% of daily need)

Calories: 330.07kcal (16.5%), Fat: 5.48g (8.42%), Saturated Fat: 1g (6.23%), Carbohydrates: 48.72g (16.24%), Net Carbohydrates: 44.78g (16.29%), Sugar: 3.25g (3.61%), Cholesterol: 153.29mg (51.1%), Sodium: 388.15mg (16.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.46g (40.92%), Manganese: 1.09mg (54.36%), Vitamin K: 48.1µg (45.81%), Phosphorus: 279.1mg (27.91%), Vitamin C: 22.04mg (26.71%), Copper: 0.45mg (22.35%), Selenium: 14.08µg (20.11%), Fiber: 3.93g (15.73%), Zinc: 2.24mg (14.94%), Magnesium: 58.72mg (14.68%), Folate: 55.64µg (13.91%), Vitamin A: 622.81IU (12.46%), Potassium: 421.25mg (12.04%), Iron: 2.17mg (12.04%), Vitamin B1: 0.18mg (11.92%), Vitamin B2: 0.19mg (11.21%), Vitamin B6: 0.21mg (10.69%), Vitamin B3: 2.02mg (10.12%), Calcium: 86.31mg (8.63%), Vitamin B5: 0.84mg (8.41%), Vitamin E: 0.83mg (5.52%), Vitamin B12: 0.15µg (2.47%), Vitamin D: 0.33µg (2.22%)