

Shrimp Fried Rice

READY IN

ready

40 min.

SERVINGS

servings

4

CALORIES

calories

512 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoons butter
- ☐ 2 tablespoons chicken broth
- ☐ 2 large eggs beaten
- ☐ 1 tablespoon gingerroot fresh minced
- ☐ 1.3 cups rice long grain
- ☐ 1 package defrosted peas frozen
- ☐ 4 servings salt
- ☐ 1 cup scallions chopped
- ☐ 2 teaspoons sesame oil toasted

- ☐ 0.8 pound shrimp cooked peeled chopped
- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons white wine dry white

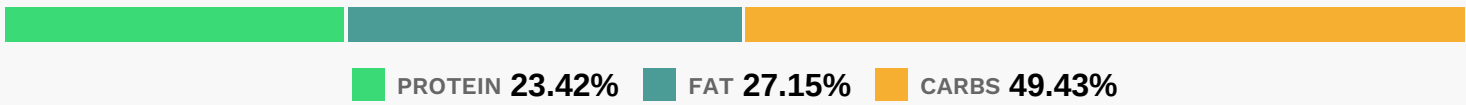
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot

Directions

- ☐ In a small bowl, stir together broth, vermouth, soy sauce, and sesame oil.
- ☐ In a large skillet heat vegetable oil over moderately high heat until very hot.
- ☐ Add scallions, gingerroot, and shrimp, cook for 1 minute, and transfer to a platter.
- ☐ Add rice and cook until crispy.
- ☐ Add everything back to the pan, add the eggs, and cook until scrambled.
- ☐ Add the peas and cook, stirring for 2 to 3 minutes or until crispy.
- ☐ Add broth mixture and stir to mix well.
- ☐ Bring a large pot of water to a boil. When it comes to a boil, add salt and then rice. Stir and then boil for 15 minutes or until just cooked.
- ☐ Drain, toss with butter, season with salt and pepper, to taste, and serve.
- ☐ Cook's note: 1 cup raw equals 3 cups cooked.

Nutrition Facts



Properties

Glycemic Index:58.13, Glycemic Load:32.91, Inflammation Score:-8, Nutrition Score:22.179565180903%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 512.42kcal (25.62%), Fat: 15.22g (23.42%), Saturated Fat: 4.16g (26.02%), Carbohydrates: 62.37g (20.79%), Net Carbohydrates: 56.79g (20.65%), Sugar: 5g (5.56%), Cholesterol: 237.6mg (79.2%), Sodium: 643.45mg (27.98%), Alcohol: 0.77g (100%), Alcohol %: 0.32% (100%), Protein: 29.55g (59.1%), Vitamin K: 82.61µg (78.68%), Manganese: 1.08mg (53.87%), Vitamin C: 33.29mg (40.35%), Phosphorus: 397.56mg (39.76%), Copper: 0.64mg (32.2%), Selenium: 18.54µg (26.49%), Fiber: 5.58g (22.34%), Zinc: 3.16mg (21.06%), Vitamin A: 1016.93IU (20.34%), Folate: 80.18µg (20.04%), Magnesium: 80.15mg (20.04%), Vitamin B1: 0.26mg (17.44%), Potassium: 597.15mg (17.06%), Iron: 2.94mg (16.32%), Vitamin B2: 0.27mg (16.04%), Vitamin B6: 0.29mg (14.75%), Vitamin B3: 2.84mg (14.21%), Calcium: 124.63mg (12.46%), Vitamin B5: 1.13mg (11.3%), Vitamin E: 1.23mg (8.22%), Vitamin B12: 0.23µg (3.83%), Vitamin D: 0.5µg (3.33%)