



Shrimp Fried Rice

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



673 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon sesame oil
- 2 eggs slightly beaten
- 1 tablespoon olive oil
- 2 cups broccoli fresh thawed chopped ()
- 1 cup carrots chopped
- 1 cup snow peas fresh thawed ()
- 2 cups rice white cold cooked
- 1 clove garlic finely chopped

- 1 teaspoon ginger grated
- 3 tablespoons soya sauce
- 1 lb shells deveined uncooked peeled (tail shells removed)
- 1 cup spring onion chopped

Equipment

- frying pan
- wok

Directions

- In wok or large skillet, heat sesame oil over medium heat. Cook eggs in oil, stirring constantly, until thickened but still moist.
- Remove eggs from skillet to plate; cover to keep warm.
- In same skillet, heat olive oil over medium-high heat.
- Add broccoli, carrots and pea pods; stir-fry until crisp-tender. Reduce heat to medium. Stir in rice, garlic, gingerroot and soy sauce.
- Add shrimp. Cook 5 to 7 minutes, stirring frequently, until rice is hot and shrimp are pink.
- Stir in scrambled eggs and green onions; cook 1 minute longer.
- Serve immediately.

Nutrition Facts



PROTEIN 14.25% **FAT 15.31%** **CARBS 70.44%**

Properties

Glycemic Index:80.46, Glycemic Load:60.09, Inflammation Score:-10, Nutrition Score:34.055217431939%

Flavonoids

Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Kaempferol: 3.87mg, Kaempferol: 3.87mg, Kaempferol: 3.87mg, Kaempferol: 3.87mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg, Quercetin: 4.18mg

Nutrients (% of daily need)

Calories: 672.73kcal (33.64%), Fat: 11.38g (17.51%), Saturated Fat: 2.12g (13.28%), Carbohydrates: 117.85g (39.28%), Net Carbohydrates: 110.44g (40.16%), Sugar: 7.22g (8.02%), Cholesterol: 81.84mg (27.28%), Sodium: 834.79mg (36.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.84g (47.68%), Vitamin A: 6254.47IU (125.09%), Selenium: 86.02µg (122.88%), Vitamin K: 109.75µg (104.53%), Manganese: 1.74mg (86.89%), Vitamin C: 60.79mg (73.69%), Phosphorus: 373.19mg (37.32%), Fiber: 7.41g (29.62%), Magnesium: 101.98mg (25.5%), Copper: 0.5mg (24.79%), Vitamin B6: 0.48mg (24.23%), Folate: 95.72µg (23.93%), Iron: 3.67mg (20.39%), Potassium: 704.07mg (20.12%), Zinc: 2.76mg (18.39%), Vitamin B3: 3.68mg (18.38%), Vitamin B2: 0.31mg (18.24%), Vitamin B5: 1.73mg (17.32%), Vitamin B1: 0.24mg (15.94%), Vitamin E: 1.73mg (11.53%), Calcium: 107.98mg (10.8%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)