



Shrimp Fried Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



388 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups rice white cold cooked
- ☐ 0.5 cup edamame frozen thawed
- ☐ 2 large eggs beaten to blend
- ☐ 2 garlic clove chopped
- ☐ 1 tablespoon ginger peeled finely chopped
- ☐ 4 servings kosher salt
- ☐ 3 tablespoons soy sauce reduced-sodium
- ☐ 0.5 cup peas frozen thawed

- ☐ 8 spring onion thinly sliced chopped
- ☐ 1 teaspoon sesame oil toasted
- ☐ 12 ounces shrimp frozen thawed deveined peeled
- ☐ 2 tablespoons rice vinegar
- ☐ 2 tablespoons vegetable oil divided

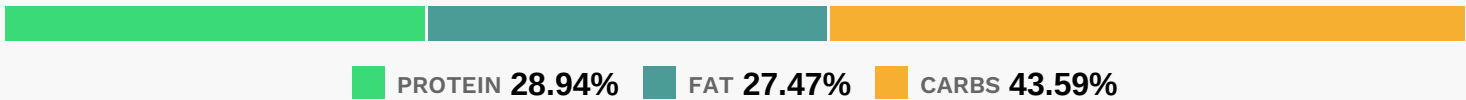
Equipment

- ☐ frying pan

Directions

- ☐ Heat 1 tablespoon vegetable oil in a large nonstick skillet over medium-high heat. Season shrimp with salt and cook, turning once, until just opaque in the center, about 3 minutes; transfer to a plate.
- ☐ Heat remaining 1 tablespoon vegetable oil in same skillet; add scallion whites, garlic, and ginger. Cook, stirring, until fragrant, about 1 minute.
- ☐ Add rice and stir to coat. Cook until rice is crisp, about 2 minutes. Push rice to one side of skillet; add eggs to other side and cook, stirring and working into rice mixture, 1 to 2 minutes.
- ☐ Add edamame, peas, soy sauce, vinegar, sesame oil, and cooked shrimp. Cook, tossing constantly, until shrimp and vegetables are heated through, about 1 minute. Top with scallion greens.

Nutrition Facts



Properties

Glycemic Index:70.08, Glycemic Load:37.11, Inflammation Score:-5, Nutrition Score:16.135217417841%

Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 387.82kcal (19.39%), Fat: 11.74g (18.05%), Saturated Fat: 2.17g (13.55%), Carbohydrates: 41.91g (13.97%), Net Carbohydrates: 38.88g (14.14%), Sugar: 2.35g (2.61%), Cholesterol: 229.93mg (76.64%), Sodium: 769.07mg (33.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.82g (55.63%), Vitamin K: 66.92µg (63.73%), Manganese: 0.79mg (39.6%), Phosphorus: 334.04mg (33.4%), Copper: 0.5mg (24.95%), Selenium: 17.36µg (24.8%), Magnesium: 67.26mg (16.82%), Zinc: 2.48mg (16.54%), Potassium: 550.19mg (15.72%), Vitamin C: 12.32mg (14.93%), Iron: 2.44mg (13.56%), Calcium: 124.54mg (12.45%), Fiber: 3.03g (12.12%), Folate: 47.96µg (11.99%), Vitamin B2: 0.2mg (11.99%), Vitamin B6: 0.24mg (11.93%), Vitamin A: 513.07IU (10.26%), Vitamin B5: 0.93mg (9.33%), Vitamin E: 1.09mg (7.27%), Vitamin B1: 0.1mg (6.89%), Vitamin B3: 1.16mg (5.79%), Vitamin B12: 0.22µg (3.71%), Vitamin D: 0.5µg (3.33%)