



## Shrimp Fried Rice

 Dairy Free

READY IN



21 min.

SERVINGS



4

CALORIES



335 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 3 cups bok choy thinly sliced
- ☐ 8 ounce water chestnuts drained sliced canned
- ☐ 1 cup celery chopped
- ☐ 2.5 cups rice long-grain chilled cooked
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 0.5 cup spring onion sliced (1-inch)
- ☐ 0.3 cup soy sauce low-sodium
- ☐ 1 cup snow peas (1-inch)

- ☐ 0.1 teaspoon pepper
- ☐ 4 servings rye flakes
- ☐ 1 teaspoon sesame oil   toasted
- ☐ 1 pound shrimp   deveined peeled
- ☐ 2 teaspoons vegetable oil

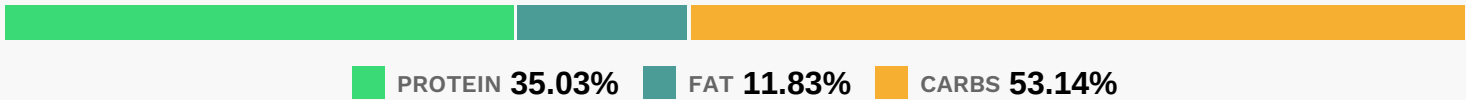
Equipment

- ☐ frying pan

Directions

- ☐ Heat a large nonstick skillet coated with cooking spray over medium–high heat until hot.
- ☐ Add shrimp, and cook 3 to 4 minutes or until shrimp are done, stirring occasionally.
- ☐ Remove shrimp.
- ☐ Heat oil in pan over medium–high heat.
- ☐ Add celery; cook, stirring constantly, 2 minutes.
- ☐ Add bok choy, pea pods, and green onion; cook, stirring constantly, 4 minutes or until bok choy is just wilted.
- ☐ Add remaining ingredients and shrimp; cook, stirring often, 3 to 4 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:30.21, Inflammation Score:–9, Nutrition Score:21.832608741263%

Flavonoids

Apigenin: 0.85mg, Apigenin: 0.85mg, Apigenin: 0.85mg, Apigenin: 0.85mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg, Kaempferol: 2.5mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 335.25kcal (16.76%), Fat: 4.46g (6.86%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 45.07g (15.02%), Net Carbohydrates: 40.21g (14.62%), Sugar: 4.55g (5.06%), Cholesterol: 182.57mg (60.86%), Sodium: 773.88mg (33.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.71g (59.41%), Vitamin K: 67.89µg (64.66%), Vitamin A: 2850.46IU (57.01%), Vitamin C: 42.62mg (51.66%), Manganese: 0.93mg (46.39%), Phosphorus: 378.28mg (37.83%), Copper: 0.67mg (33.32%), Magnesium: 91.01mg (22.75%), Potassium: 786.02mg (22.46%), Vitamin B6: 0.43mg (21.51%), Fiber: 4.86g (19.44%), Folate: 77.32µg (19.33%), Zinc: 2.77mg (18.47%), Calcium: 176.31mg (17.63%), Iron: 3.01mg (16.73%), Selenium: 9.24µg (13.19%), Vitamin B2: 0.16mg (9.22%), Vitamin B5: 0.88mg (8.8%), Vitamin B3: 1.51mg (7.55%), Vitamin B1: 0.11mg (7.26%), Vitamin E: 1.04mg (6.94%)