



Shrimp Fried Rice

 **Gluten Free**  **Dairy Free**

READY IN



31 min.

SERVINGS



4

CALORIES



331 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup broccoli florets
- 7 teaspoons canola oil divided
- 1 cup rice long-grain white chilled cooked
- 1 tablespoon sesame oil dark
- 1.5 cups edamame frozen thawed
- 1 tablespoon ginger fresh grated peeled
- 0.3 cup thinly green onions diagonally sliced
- 0.3 cup lower-sodium soy sauce

- 1 medium bell pepper red cut into thin strips
- 1.5 tablespoons rice vinegar
- 12 ounces shrimp deveined peeled
- 1 teaspoon sriracha (such as huy fong) hot
- 1 cup sugar snap peas trimmed halved
- 1 medium bell pepper yellow cut into thin strips

Equipment

- bowl
- frying pan
- paper towels
- wok

Directions

- Steam broccoli 4 minutes or until crisp-tender; set aside.
- Heat a large skillet or wok over medium-high heat.
- Add 1 teaspoon canola oil to pan.
- Add bell peppers and sugar snap peas to pan, and stir-fry for 2 minutes.
- Place vegetable mixture in a large bowl.
- Add remaining 2 tablespoons canola oil to pan; swirl to coat.
- Add ginger, and stir-fry for 10 seconds.
- Add rice, and stir-fry for 5 minutes or until rice is lightly browned.
- Remove rice mixture from pan, and add rice to bowl with the vegetable mixture.
- Wipe the pan with paper towels. Return pan to medium-high heat.
- Add sesame oil to pan; swirl to coat.
- Add shrimp; stir-fry 1 minute.
- Add edamame; stir-fry 1 minute. Stir in soy sauce, vinegar, and Sriracha; bring to a boil. Cook for 3 minutes or until liquid thickens slightly.

Add vegetable mixture and green onions; stir to combine. Cook for 1 minute or until thoroughly heated, stirring frequently.

Serve immediately.

Nutrition Facts

PROTEIN 32.01% **FAT 35.48%** **CARBS 32.51%**

Properties

Glycemic Index:67.5, Glycemic Load:12.76, Inflammation Score:-9, Nutrition Score:18.620869615804%

Flavonoids

Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg, Luteolin: 0.67mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 331.43kcal (16.57%), Fat: 13.26g (20.4%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 27.34g (9.11%), Net Carbohydrates: 22.5g (8.18%), Sugar: 4.4g (4.89%), Cholesterol: 136.93mg (45.64%), Sodium: 713.4mg (31.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.92g (53.84%), Vitamin C: 129.67mg (157.18%), Vitamin K: 49.22µg (46.87%), Vitamin A: 1462.95IU (29.26%), Phosphorus: 271.58mg (27.16%), Manganese: 0.48mg (23.78%), Potassium: 817.76mg (23.36%), Copper: 0.44mg (22.24%), Fiber: 4.84g (19.36%), Iron: 3.29mg (18.25%), Magnesium: 65.41mg (16.35%), Folate: 58.49µg (14.62%), Vitamin B6: 0.29mg (14.3%), Vitamin E: 2.14mg (14.26%), Calcium: 140.71mg (14.07%), Zinc: 1.78mg (11.84%), Vitamin B2: 0.13mg (7.57%), Vitamin B5: 0.67mg (6.73%), Vitamin B1: 0.1mg (6.39%), Vitamin B3: 1.24mg (6.18%), Selenium: 3.98µg (5.69%)