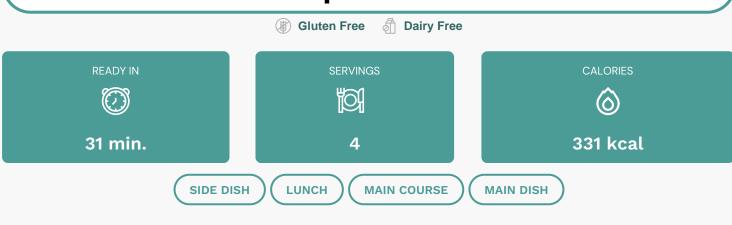


# **Shrimp Fried Rice**



## 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	
Eq	uipment	
	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 untilthoroughly heated, stirring frequently.
neated, stirring nequently.
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 Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 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: Og (100%), Alcohol %: O% (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%)