

Shrimp “Fried” Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon bottled ginger fresh minced
- ☐ 10.5 ounce boil-in-bag brown rice
- ☐ 1 tablespoon canola oil
- ☐ 1 teaspoon sesame oil dark
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup green onions chopped
- ☐ 3 tablespoons lower-sodium soy sauce
- ☐ 2 cups peas green frozen

- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 teaspoon salt
- ☐ 12 ounces shrimp deveined peeled

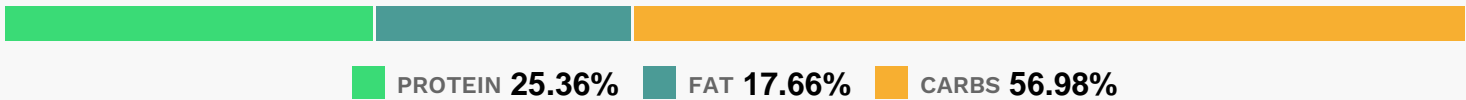
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cook rice according to package directions, omitting salt and fat; drain.
- ☐ Remove rice from bags; return to pan. Cover and keep warm.
- ☐ While rice cooks, heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add eggs to pan; cook 1 minute or until set.
- ☐ Remove eggs from pan; coarsely chop. Return pan to heat; add canola oil.
- ☐ Add shrimp; cook 2 minutes, stirring often.
- ☐ While shrimp cook, combine soy sauce and next 3 ingredients in a small bowl.
- ☐ Add onions and ginger to shrimp; saut 1 minute.
- ☐ Add peas, stirring until thoroughly heated. Stir shrimp mixture and egg into rice, and drizzle with soy sauce mixture. Fluff well with a fork, and serve immediately.
- ☐ Measure frozen peas
- ☐ Pour soy sauce mixture over rice
- ☐ Beat eggs
- ☐ Help peel shrimp
- ☐ Help chop green onions with assistance

Nutrition Facts



Properties

Glycemic Index:33.35, Glycemic Load:23.39, Inflammation Score:-7, Nutrition Score:20.342608762824%

Flavonoids

Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 330.15kcal (16.51%), Fat: 6.47g (9.96%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 46.99g (15.66%), Net Carbohydrates: 42.01g (15.27%), Sugar: 3.28g (3.64%), Cholesterol: 153.29mg (51.1%), Sodium: 483.53mg (21.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.91g (41.82%), Manganese: 2.15mg (107.4%), Vitamin K: 48.29µg (45.99%), Phosphorus: 358.02mg (35.8%), Magnesium: 118.72mg (29.68%), Vitamin C: 22.59mg (27.38%), Copper: 0.48mg (24%), Vitamin B1: 0.35mg (23.54%), Fiber: 4.98g (19.92%), Vitamin B6: 0.39mg (19.48%), Zinc: 2.71mg (18.09%), Vitamin B3: 3.36mg (16.79%), Folate: 63.63µg (15.91%), Potassium: 508.24mg (14.52%), Iron: 2.56mg (14.23%), Vitamin A: 625.92IU (12.52%), Vitamin B2: 0.19mg (11.45%), Vitamin B5: 1.09mg (10.9%), Calcium: 89.26mg (8.93%), Selenium: 6.17µg (8.82%), Vitamin E: 0.79mg (5.24%), Vitamin B12: 0.15µg (2.47%), Vitamin D: 0.33µg (2.22%)