



Shrimp Fried Rice



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



332 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 green onions sliced (1-inch)
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 1 cup diagonally cut snow pea pods (1-inch)

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

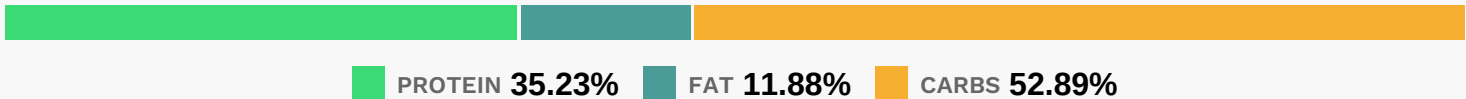
Equipment

- ☐ 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:21.451739083166%

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: 332.01kcal (16.6%), Fat: 4.43g (6.82%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 44.39g (14.8%), Net Carbohydrates: 39.75g (14.45%), Sugar: 4.54g (5.05%), Cholesterol: 182.57mg (60.86%), Sodium: 773.87mg (33.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.57g (59.13%), Vitamin K: 67.83µg (64.6%), Vitamin A: 2850.35IU (57.01%), Vitamin C: 42.62mg (51.66%), Manganese: 0.86mg (43.04%), Phosphorus: 371.96mg (37.2%), Copper: 0.66mg (32.97%), Potassium: 778.72mg (22.25%), Magnesium: 88.53mg (22.13%), Vitamin B6: 0.43mg (21.31%), Folate: 77.17µg (19.29%), Fiber: 4.63g (18.54%), Zinc: 2.71mg (18.09%), Calcium: 175.75mg (17.57%), Iron: 2.95mg (16.38%), Selenium: 8.73µg (12.47%), Vitamin B2: 0.15mg (9.04%), Vitamin B5: 0.86mg (8.65%), Vitamin B3: 1.46mg (7.28%), Vitamin B1: 0.11mg (7.06%), Vitamin E: 1.03mg (6.85%)