

Shrimp Fried Rice



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



320 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon bottled garlic minced
- ☐ 4 cups brown rice chilled cooked
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 teaspoons sesame oil dark
- ☐ 1 large eggs lightly beaten
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 0.5 cup green onions sliced
- ☐ 2 tablespoons soya sauce low-sodium

- ☐ 0.3 cup bell pepper red chopped
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 1 tablespoon water

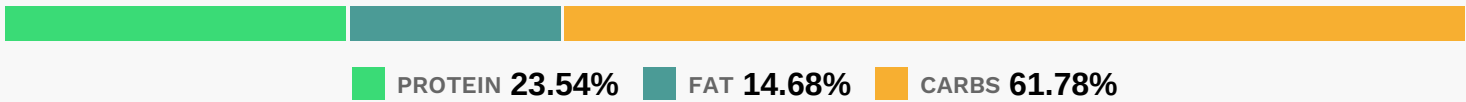
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine shrimp, ginger, and crushed red pepper in a small bowl; let stand 5 minutes.
- ☐ Heat oil in a large nonstick skillet over high heat.
- ☐ Add bell pepper, green onions, and garlic; stir-fry 1 to 2 minutes or until tender.
- ☐ Add shrimp mixture to pan; stir-fry 4 to 5 minutes or until shrimp are done.
- ☐ Add cooked rice; stir-fry 2 minutes or until thoroughly heated. Push rice mixture to sides of pan, forming a well in center.
- ☐ Add egg to center of pan, and cook 30 seconds; toss with rice mixture, and stir-fry until egg is cooked. Stir in soy sauce and water; cook until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:40.3, Glycemic Load:22.8, Inflammation Score:-7, Nutrition Score:17.326521655788%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 320.28kcal (16.01%), Fat: 5.22g (8.03%), Saturated Fat: 1.08g (6.72%), Carbohydrates: 49.44g (16.48%), Net Carbohydrates: 45.16g (16.42%), Sugar: 0.95g (1.06%), Cholesterol: 137.79mg (45.93%), Sodium: 380.61mg (16.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.84g (37.67%), Manganese: 2.3mg (114.76%),

Phosphorus: 323.65mg (32.37%), Magnesium: 118.03mg (29.51%), Vitamin K: 26.99µg (25.7%), Vitamin C: 19.44mg (23.56%), Copper: 0.42mg (20.96%), Vitamin B6: 0.42mg (20.91%), Fiber: 4.28g (17.14%), Zinc: 2.32mg (15.49%), Vitamin B1: 0.23mg (15.24%), Vitamin B3: 2.93mg (14.63%), Vitamin A: 618.29IU (12.37%), Potassium: 429.39mg (12.27%), Iron: 1.98mg (11.01%), Vitamin B5: 1.05mg (10.55%), Calcium: 82.45mg (8.24%), Folate: 31.11µg (7.78%), Vitamin B2: 0.13mg (7.4%), Selenium: 4.53µg (6.47%), Vitamin E: 0.51mg (3.39%), Vitamin B12: 0.11µg (1.85%), Vitamin D: 0.25µg (1.67%)