



Shrimp-Fried Rice

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

READY IN



20 min.

SERVINGS



20

CALORIES



59 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1.5 cups rice long-grain white chilled cooked
- 1 eggs beaten
- 0.8 cup mushrooms fresh sliced
- 2 green onions sliced
- 0.8 cup oscar mayer ham smoked chopped
- 2 Tbsp oil
- 0.5 cup peas frozen
- 0.5 lb shrimp frozen thawed cleaned uncooked

3 Tbsp lite soy sauce

Equipment

frying pan

Directions

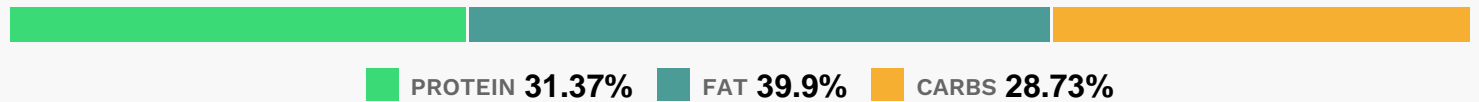
Heat oil in large nonstick skillet on medium-high heat.

Add ham and vegetables; stir-fry 4 min.

Add shrimp; stir-fry 4 min. or until shrimp turn pink.

Add remaining ingredients; stir-fry 2 to 3 min. or until egg is set and ham mixture is heated through.

Nutrition Facts



Properties

Glycemic Index:11.62, Glycemic Load:3.79, Inflammation Score:-1, Nutrition Score:2.4586956552837%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 59.06kcal (2.95%), Fat: 2.61g (4.02%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 4.23g (1.41%), Net Carbohydrates: 3.89g (1.41%), Sugar: 0.36g (0.41%), Cholesterol: 29.7mg (9.9%), Sodium: 230.43mg (10.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Phosphorus: 55.92mg (5.59%), Manganese: 0.09mg (4.65%), Selenium: 3.18µg (4.55%), Vitamin K: 4.39µg (4.18%), Copper: 0.08mg (4.05%), Vitamin B1: 0.05mg (3.31%), Vitamin B3: 0.6mg (3.01%), Zinc: 0.44mg (2.93%), Vitamin B2: 0.05mg (2.8%), Vitamin B6: 0.05mg (2.54%), Magnesium: 9.49mg (2.37%), Potassium: 81.46mg (2.33%), Vitamin C: 1.75mg (2.12%), Vitamin E: 0.3mg (2.02%), Iron: 0.32mg (1.78%), Vitamin B5: 0.17mg (1.73%), Folate: 5.77µg (1.44%), Fiber: 0.34g (1.37%), Calcium: 12.46mg (1.25%), Vitamin A: 51.58IU (1.03%)