



Shrimp Fried Rice II



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



511 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 eggs beaten
- ☐ 1 cup bean sprouts fresh
- ☐ 0.3 cup green onion chopped
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.5 cup onion chopped
- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon sesame oil
- ☐ 1.5 cups shrimp deveined cooked peeled

- ☐ 4 tablespoons soya sauce
- ☐ 4 tablespoons vegetable oil
- ☐ 3 cups water
- ☐ 1.5 cups rice white uncooked

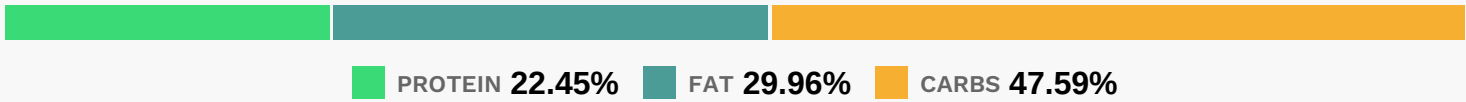
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wok

Directions

- ☐ In a saucepan bring water to a boil.
- ☐ Add rice and stir. Reduce heat, cover and simmer for 20 minutes. Set aside and allow rice to cool.
- ☐ Heat a large skillet or wok for 2 minutes. When the skillet or wok is hot, pour in vegetable oil, bean sprouts and onions.
- ☐ Mix well and cook for 3 minutes.
- ☐ Mix in cooled rice and shrimp and cook for another 3 minutes. Stirring constantly.
- ☐ Mix in green onions, eggs, salt, pepper, soy sauce and sesame oil. Cook for another 4 minutes, stirring continuously, until eggs are cooked and everything is blended evenly.

Nutrition Facts



Properties

Glycemic Index:41.8, Glycemic Load:34.04, Inflammation Score:-4, Nutrition Score:15.51000020815%

Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg, Quercetin: 4.77mg

Nutrients (% of daily need)

Calories: 511.44kcal (25.57%), Fat: 16.95g (26.08%), Saturated Fat: 3.04g (18.99%), Carbohydrates: 60.58g (20.19%), Net Carbohydrates: 58.53g (21.28%), Sugar: 2.54g (2.82%), Cholesterol: 224.68mg (74.89%), Sodium: 1739.39mg (75.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.58g (57.16%), Manganese: 0.98mg (49.11%), Vitamin K: 46.98µg (44.74%), Phosphorus: 358.95mg (35.9%), Copper: 0.63mg (31.29%), Selenium: 17.67µg (25.25%), Magnesium: 68.95mg (17.24%), Zinc: 2.49mg (16.61%), Potassium: 469.49mg (13.41%), Vitamin B5: 1.24mg (12.38%), Iron: 2.22mg (12.34%), Vitamin B2: 0.2mg (12.04%), Vitamin B6: 0.24mg (11.91%), Calcium: 110.84mg (11.08%), Folate: 42.81µg (10.7%), Vitamin B3: 2.09mg (10.45%), Vitamin E: 1.49mg (9.93%), Fiber: 2.05g (8.19%), Vitamin C: 6.09mg (7.38%), Vitamin B1: 0.1mg (6.84%), Vitamin A: 187.66IU (3.75%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)