

FRIED R

 **WHATSHATE**

 **61%**  
HEALTH SCORE

## Skinny Veggie Fried Rice

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 Tbsp sesame oil
- 1 tsp ginger minced
- 1 Tbsp garlic minced
- 1 cup mushrooms chopped
- 1 cup mushrooms chopped
- 6 baby corns cut in round disks
- 0.3 cup spring onion chopped for garnishing (Keep the green part of green onions )
- 1 small carrots chopped

- 1 small size bell pepper chopped
- 1 small size bell pepper chopped
- 1 Tbsp soy sauce low sodium
- 2 servings salt to taste
- 2 servings pepper black to taste
- 1 tsp sesame seed

## Equipment

- bowl
- frying pan
- wok

## Directions

- Heat a wok or skillet on med-high and add 1 tsp oil. To it add minced ginger and 1 tsp minced garlic.
- Saute until fragrant but not burnt.
- Add mushroom pieces. Cook until tender for 5-6 minutes. Keep mushrooms along with any juices aside in a bowl.
- Heat wok again add 1 tsp oil. To it add remaining garlic.
- Saute until fragrant and add all the vegetables. Stir it all together on high flame.
- Add salt, black pepper and splash of soy sauce. Toss to coat and let them cook for few more minutes until they get tender but not soft. You want veggies to be cooked but with a little crunch. Now add the cold already cooked rice and stir it so it all gets mixed together. Do with a gentle hand.
- Let the rice get warm at med- high flame.
- Add the remaining 1 tsp oil along with salt, black pepper and soy sauce.
- Add the mushrooms and tofu(if using).
- Mix it all together. Toss and taste.
- Garnish with chopped green parts of green onions and sesame seeds.

## Nutrition Facts

PROTEIN 13.91% FAT 39.13% CARBS 46.96%

## Properties

Glycemic Index:187.17, Glycemic Load:7.64, Inflammation Score:-10, Nutrition Score:24.53652173913%

## Flavonoids

Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

## Taste

Sweetness: 45.41%, Saltiness: 100%, Sourness: 23.03%, Bitterness: 40.79%, Savoriness: 75.18%, Fattiness: 68.47%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 182.93kcal (9.15%), Fat: 8.9g (13.7%), Saturated Fat: 1.28g (8%), Carbohydrates: 24.05g (8.02%), Net Carbohydrates: 18.32g (6.66%), Sugar: 10.25g (11.38%), Cholesterol: 0mg (0%), Sodium: 511.93mg (22.26%), Protein: 7.12g (14.24%), Vitamin C: 161.6mg (195.88%), Vitamin A: 8130.58IU (162.61%), Vitamin K: 36.35µg (34.62%), Vitamin B2: 0.56mg (32.96%), Vitamin B6: 0.61mg (30.73%), Vitamin B3: 5.77mg (28.86%), Folate: 97.52µg (24.38%), Potassium: 810.29mg (23.15%), Fiber: 5.72g (22.89%), Vitamin B5: 2.25mg (22.54%), Manganese: 0.44mg (22.01%), Copper: 0.43mg (21.33%), Phosphorus: 183.09mg (18.31%), Vitamin E: 2.3mg (15.33%), Vitamin B1: 0.22mg (14.74%), Selenium: 10.19µg (14.56%), Magnesium: 49.2mg (12.3%), Iron: 1.77mg (9.81%), Zinc: 1.34mg (8.93%), Calcium: 49.74mg (4.97%), Vitamin D: 0.19µg (1.28%)