



## Special Fried Rice

 Vegetarian  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



338 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 3 tablespoons wok oil
- 0.5 cup carrots shredded
- 2 eggs beaten
- 2 inches ginger fresh minced grated
- 2 cloves garlic chopped
- 0.5 cup peas frozen
- 1 small bell pepper diced red
- 4 scallions thinly sliced

- 0.3 cup tamari sauce dark
- 2.8 cups water
- 1.5 cups rice white

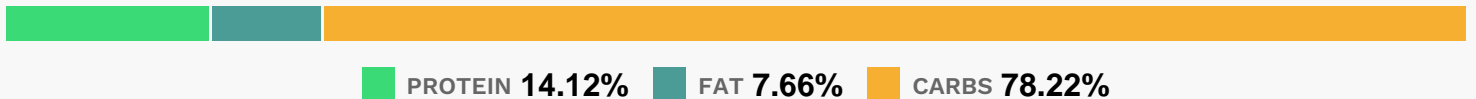
## Equipment

- frying pan
- baking sheet
- wok

## Directions

- Watch how to make this recipe.
- Bring water to a boil.
- Add rice, reduce heat, cover and cook over medium low heat until tender, 15 to 18 minutes.
- Spread rice out on a cookie sheet to quick cool it.
- Heat a wok, wok shaped skillet or large nonstick skillet over high heat.
- Add oil to the pan.
- Add egg to hot oil and break into small bits as it scrambles. When eggs are scrambled, add garlic and ginger to the pan.
- Add carrots, pepper, scallions to the pan and quick stir-fry veggies 2 minutes.
- Add rice to the pan and combine with veggies. Fry rice with veggies 2 or 3 minutes.
- Add peas and soy sauce to the rice and stir fry 1 minute more, then serve.

## Nutrition Facts



## Properties

Glycemic Index:80.34, Glycemic Load:35.84, Inflammation Score:-10, Nutrition Score:18.723913089089%

## Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

## **Nutrients (% of daily need)**

Calories: 338.3kcal (16.92%), Fat: 2.85g (4.38%), Saturated Fat: 0.87g (5.42%), Carbohydrates: 65.45g (21.82%), Net Carbohydrates: 61.67g (22.42%), Sugar: 3.41g (3.79%), Cholesterol: 81.84mg (27.28%), Sodium: 1143.33mg (49.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.81g (23.63%), Vitamin A: 4192.58IU (83.85%), Manganese: 1.05mg (52.74%), Vitamin C: 35.93mg (43.55%), Vitamin K: 32.52µg (30.97%), Selenium: 18.1µg (25.86%), Phosphorus: 192.93mg (19.29%), Vitamin B6: 0.34mg (16.93%), Fiber: 3.78g (15.13%), Copper: 0.3mg (14.78%), Vitamin B3: 2.85mg (14.23%), Vitamin B2: 0.23mg (13.81%), Folate: 54.03µg (13.51%), Vitamin B5: 1.28mg (12.78%), Iron: 2.12mg (11.8%), Magnesium: 46.41mg (11.6%), Vitamin B1: 0.16mg (10.77%), Zinc: 1.57mg (10.5%), Potassium: 362.76mg (10.36%), Calcium: 66.29mg (6.63%), Vitamin E: 0.81mg (5.37%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)