




 **78%**
HEALTH SCORE

Spicy Vegetable Fried Rice


 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN




11 min.

SERVINGS



4

CALORIES



550 kcal

SIDE DISH **LUNCH** **MAIN COURSE** **MAIN DISH**

Ingredients

- 2 teaspoons bottled garlic minced
- 1.5 cups broccoli stir-fry frozen (such as Birds Eye)
- 17.6 ounce microwaveable brown rice whole cooked (such as Uncle Ben's Grain Brown Ready Rice)
- 0.3 teaspoon pepper red crushed
- 2 teaspoons sesame oil dark
- 1 cup edamame green frozen shelled (soybeans)
- 0.5 cup egg substitute
- 2.5 tablespoons soya sauce low-sodium

Equipment

- bowl
- frying pan
- paper towels
- microwave

Directions

- Combine broccoli stir-fry and edamame in a microwave-safe bowl. Microwave at HIGH 2 minutes or until thawed; set aside.
- While vegetables thaw, heat a large nonstick skillet over medium-high heat; coat pan with cooking spray.
- Add egg substitute; cook 2 minutes, stirring frequently, until scrambled.
- Remove from pan. Wipe pan with paper towels.
- Heat sesame oil in pan over medium-high heat; add garlic and crushed red pepper. Cook 1 minute or until fragrant. Stir in vegetables and rice; cook 2 minutes or until thoroughly heated. Stir in soy sauce and reserved egg.
- Garnish with sesame seeds and onions, if desired.

Nutrition Facts



PROTEIN 13.01% **FAT 11.08%** **CARBS 75.91%**

Properties

Glycemic Index:30.19, Glycemic Load:53.99, Inflammation Score:-8, Nutrition Score:25.104782726454%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg, Kaempferol: 2.59mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 549.63kcal (27.48%), Fat: 6.76g (10.4%), Saturated Fat: 1g (6.24%), Carbohydrates: 104.25g (34.75%), Net Carbohydrates: 97.49g (35.45%), Sugar: 2.24g (2.49%), Cholesterol: 0mg (0%), Sodium: 438.05mg (19.05%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.87g (35.73%), Manganese: 4.83mg (241.32%), Magnesium: 197.52mg (49.38%), Phosphorus: 393.49mg (39.35%), Vitamin B6: 0.78mg (39.11%), Vitamin B1: 0.58mg (38.93%), Vitamin C: 30.37mg (36.81%), Vitamin K: 34.17µg (32.54%), Vitamin B3: 5.77mg (28.86%), Fiber: 6.76g (27.05%), Vitamin B5: 2.6mg (25.97%), Iron: 4.28mg (23.77%), Potassium: 717.14mg (20.49%), Zinc: 3.06mg (20.42%), Selenium: 13.65µg (19.49%), Copper: 0.38mg (19.1%), Vitamin B2: 0.24mg (13.88%), Folate: 55.05µg (13.76%), Calcium: 117.01mg (11.7%), Vitamin A: 310.38IU (6.21%), Vitamin E: 0.85mg (5.69%), Vitamin D: 0.48µg (3.2%), Vitamin B12: 0.1µg (1.7%)