



Vegetable Fried Rice



Gluten Free



Dairy Free

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READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

161 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.7 cup broccoli frozen thawed chopped
- ☐ 1 teaspoon brown sugar
- ☐ 0.7 cup carrots frozen thawed
- ☐ 3 cups rice cold cooked
- ☐ 1 eggs beaten
- ☐ 1 teaspoon ginger root fresh minced
- ☐ 1 clove garlic minced
- ☐ 0.3 cup green onion sliced green part only

- ☐ 2 tablespoons juice of lime
- ☐ 2 teaspoons vegetable oil; peanut oil preferred
- ☐ 0.7 cup peas frozen thawed
- ☐ 0.1 teaspoon pepper flakes red
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons teriyaki sauce reduced-sodium

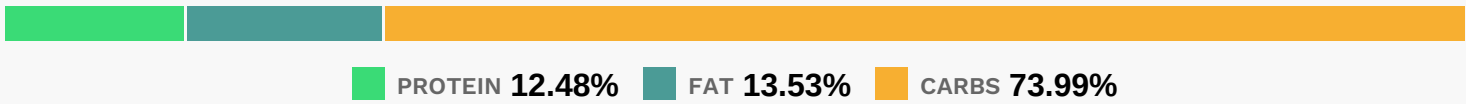
Equipment

- ☐ frying pan
- ☐ wooden spoon
- ☐ wok

Directions

- ☐ Heat oil in a large wok or skillet over medium-high heat. Cook egg in hot wok, stirring continually, until no longer moist, 3 to 5 minutes.
- ☐ Transfer egg to a plate and return wok to heat.
- ☐ Cook ginger and garlic in skillet until fragrant, about 1 minute.
- ☐ Add teriyaki sauce, lime juice, brown sugar, salt, and red pepper flakes to the ginger and garlic; bring to a boil, reduce heat to medium, and continue to cook another 2 minutes.
- ☐ Crumble cold rice into the wok. Stir rice with a wooden spoon, breaking rice into individual grains as it warms; add peas, carrots, broccoli, and green onion. Cook and stir mixture until the vegetables are tender, 7 to 10 minutes. Fold scrambled egg into the rice mixture; cook and stir until egg is reheated, 1 to 2 minutes more.

Nutrition Facts



Properties

Glycemic Index:51.53, Glycemic Load:25.23, Inflammation Score:-9, Nutrition Score:9.9834781781487%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 161.43kcal (8.07%), Fat: 2.41g (3.71%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 29.67g (9.89%), Net Carbohydrates: 27.61g (10.04%), Sugar: 3.93g (4.37%), Cholesterol: 27.28mg (9.09%), Sodium: 468.41mg (20.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.01%), Vitamin A: 2656.17IU (53.12%), Manganese: 0.5mg (25%), Vitamin K: 24.59µg (23.41%), Vitamin C: 18.46mg (22.38%), Selenium: 8.94µg (12.78%), Phosphorus: 94.45mg (9.45%), Vitamin B6: 0.17mg (8.56%), Fiber: 2.06g (8.22%), Folate: 29.11µg (7.28%), Magnesium: 26.55mg (6.64%), Copper: 0.12mg (5.81%), Vitamin B1: 0.09mg (5.69%), Vitamin B2: 0.1mg (5.66%), Vitamin B5: 0.56mg (5.64%), Potassium: 196.2mg (5.61%), Zinc: 0.79mg (5.3%), Vitamin B3: 1.02mg (5.08%), Iron: 0.88mg (4.89%), Vitamin E: 0.56mg (3.73%), Calcium: 32.98mg (3.3%), Vitamin B12: 0.07µg (1.09%)