



Vegetable Fried Rice

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon brown sugar
- 1 cup celery sliced
- 3 cups rice long-grain cooked (without salt or fat)
- 1 eggs
- 1 cup mushrooms fresh sliced
- 2 cloves garlic crushed
- 1 tablespoon soy sauce low-sodium
- 0.5 cup onion sliced cut in half

- 1 teaspoon vegetable oil; peanut oil preferred
- 1 cup peas frozen english thawed
- 0.1 teaspoon salt
- 6 ounce spicy tofu smoked crumbled

Equipment

- whisk
- wok

Directions

- Combine egg and salt, beating with a wire whisk until frothy. Set aside.
- Combine soy sauce, oil, and sugar. Set aside.
- Coat a wok with cooking spray.
- Heat at medium-high (37
- until hot.
- Add celery and onion; stir-fry 2 minutes.
- Add mushrooms, tofu, and garlic; stir-fry 1 minute.
- Push vegetable mixture up sides of wok, forming a well in center.
- Pour egg mixture into well, and stir-fry until set.
- Add rice, and stir-fry 1 minute.
- Add soy sauce mixture and peas; stir-fry 2 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:48.22, Glycemic Load:25.47, Inflammation Score:-4, Nutrition Score:8.1921739370927%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 177.96kcal (8.9%), Fat: 3.04g (4.67%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 29.51g (9.84%), Net Carbohydrates: 26.9g (9.78%), Sugar: 2.98g (3.31%), Cholesterol: 27.28mg (9.09%), Sodium: 173.06mg (7.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.94g (15.89%), Manganese: 0.54mg (27.22%), Selenium: 10.39µg (14.85%), Vitamin C: 11.82mg (14.33%), Vitamin K: 11.02µg (10.5%), Fiber: 2.62g (10.46%), Phosphorus: 102.23mg (10.22%), Vitamin B2: 0.16mg (9.45%), Vitamin B6: 0.19mg (9.43%), Folate: 34.04µg (8.51%), Copper: 0.17mg (8.44%), Vitamin B5: 0.76mg (7.58%), Vitamin B3: 1.51mg (7.56%), Vitamin B1: 0.11mg (7.25%), Calcium: 66.68mg (6.67%), Iron: 1.18mg (6.55%), Potassium: 224.7mg (6.42%), Zinc: 0.94mg (6.28%), Magnesium: 25.08mg (6.27%), Vitamin A: 300.41IU (6.01%), Vitamin E: 0.31mg (2.04%), Vitamin D: 0.18µg (1.19%), Vitamin B12: 0.07µg (1.19%)