



Vegetable Fried Rice



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



452 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups bean sprouts
- ☐ 2 carrots cut into matchstick-size strips
- ☐ 4 eggs lightly beaten
- ☐ 1 tablespoon ginger fresh grated
- ☐ 2 tablespoons brown sugar light
- ☐ 0.8 cup soy sauce low-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon rice vinegar

- ☐ 4 spring onion light white green thinly sliced (and parts)
- ☐ 2 cups snow peas cut into thirds
- ☐ 1.5 cups rice long-grain white

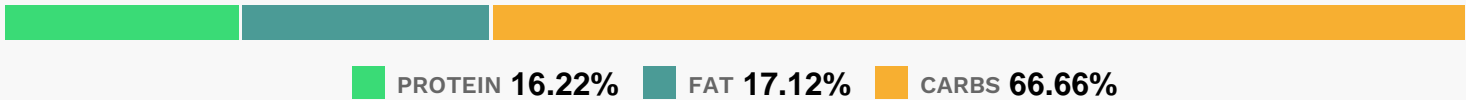
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ spatula

Directions

- ☐ Cook the rice according to the package directions. Meanwhile, in a small bowl, combine the soy sauce, sugar, vinegar, and ginger; set aside.
- ☐ Heat the oil in a large nonstick skillet over medium-high heat.
- ☐ Add the carrots and stir-fry for 2 minutes.
- ☐ Add the snow peas, bean sprouts, and 3 tablespoons of the soy sauce mixture and stir-fry until the vegetables are almost tender but still crisp, about 2 minutes.
- ☐ Transfer to a bowl. Return skillet to medium heat and add the remaining sauce mixture, the rice, and scallions. Cook until warmed through, about 1 minute. Make a large space in the center of the rice and pour the eggs into it. Scramble the eggs with a spatula until set. Stir the eggs into the rice.
- ☐ Transfer the rice mixture to individual plates and top with the vegetables. Tip: You can improvise with whatever vegetables you have on hand, from fresh broccoli to frozen peas. Or, if youre out of everything green, you can make the dish without the vegetables, just this once.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:34.58, Inflammation Score:-10, Nutrition Score:26.695217526477%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 451.78kcal (22.59%), Fat: 8.59g (13.21%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 75.24g (25.08%), Net Carbohydrates: 70.6g (25.67%), Sugar: 12.17g (13.52%), Cholesterol: 163.68mg (54.56%), Sodium: 1817.3mg (79.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.31g (36.63%), Vitamin A: 5996.12IU (119.92%), Manganese: 1.26mg (63%), Vitamin K: 60.59µg (57.7%), Vitamin C: 40.41mg (48.98%), Selenium: 25.08µg (35.83%), Phosphorus: 316.43mg (31.64%), Folate: 113.29µg (28.32%), Vitamin B2: 0.48mg (28.32%), Vitamin B6: 0.44mg (22.2%), Vitamin B5: 2.2mg (22%), Magnesium: 85.69mg (21.42%), Iron: 3.81mg (21.14%), Fiber: 4.65g (18.59%), Copper: 0.36mg (18.12%), Potassium: 630.36mg (18.01%), Vitamin B1: 0.23mg (15.31%), Zinc: 2.18mg (14.5%), Vitamin B3: 2.75mg (13.77%), Vitamin E: 1.75mg (11.69%), Calcium: 110.48mg (11.05%), Vitamin B12: 0.39µg (6.53%), Vitamin D: 0.88µg (5.87%)