



Vegetable Fried Rice



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



538 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 cups brown rice cold cooked
- ☐ 3 large eggs lightly beaten
- ☐ 2 teaspoons ginger fresh minced peeled
- ☐ 12 oz vegetables mixed frozen
- ☐ 3 cloves garlic minced
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 0.5 teaspoon salt
- ☐ 4 scallions light white green chopped

- ☐ 2 teaspoons sesame oil
- ☐ 1 teaspoon sugar
- ☐ 0.3 cup vegetable oil

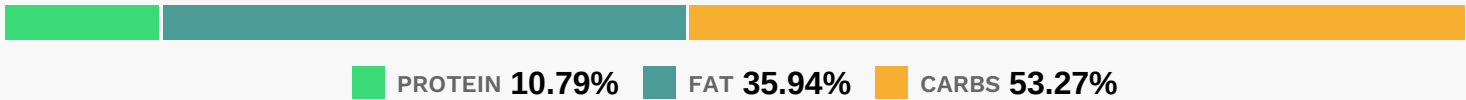
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a bowl, combine soy sauce and sugar.
- ☐ Heat 2 Tbsp. vegetable oil in a large nonstick skillet over medium-high heat.
- ☐ Add eggs and cook, stirring, until just set.
- ☐ Transfer to a bowl; wipe out skillet.
- ☐ Heat remaining 2 Tbsp. oil in same skillet.
- ☐ Saute garlic and ginger for 30 seconds.
- ☐ Add rice and salt; stir-fry until starting to crisp, 3 to 4 minutes.
- ☐ Add soy sauce mixture, scallions and vegetables; stir-fry until hot, about 5 minutes. Return egg to skillet; stir-fry until combined.
- ☐ Drizzle with sesame oil and serve.

Nutrition Facts



Properties

Glycemic Index:61.07, Glycemic Load:32.36, Inflammation Score:-10, Nutrition Score:26.082608451014%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 537.86kcal (26.89%), Fat: 21.74g (33.44%), Saturated Fat: 4.03g (25.21%), Carbohydrates: 72.49g (24.16%), Net Carbohydrates: 64.24g (23.36%), Sugar: 1.52g (1.68%), Cholesterol: 139.5mg (46.5%), Sodium: 820.79mg (35.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.68g (29.36%), Manganese: 3mg (150.14%), Vitamin A: 4641.11IU (92.82%), Vitamin K: 50.32µg (47.92%), Magnesium: 143.84mg (35.96%), Phosphorus: 340.26mg (34.03%), Fiber: 8.25g (33.01%), Vitamin B6: 0.56mg (28.23%), Vitamin B1: 0.38mg (25.57%), Vitamin B3: 4.56mg (22.79%), Vitamin B2: 0.31mg (18.49%), Selenium: 12.32µg (17.6%), Iron: 3.15mg (17.48%), Vitamin B5: 1.73mg (17.32%), Zinc: 2.55mg (17%), Copper: 0.33mg (16.43%), Folate: 65.18µg (16.29%), Potassium: 513.23mg (14.66%), Vitamin C: 11.85mg (14.37%), Vitamin E: 1.66mg (11.04%), Calcium: 83.3mg (8.33%), Vitamin B12: 0.33µg (5.56%), Vitamin D: 0.75µg (5%)