



Vegetarian Fried Rice

 Vegetarian  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



277 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups quick-cooking brown rice uncooked
- 2 eggs beaten
- 1 tablespoon vegetable oil
- 1 cup carrots sliced
- 0.5 cup spring onion sliced
- 1 clove garlic finely chopped
- 2 cups snow peas chinese cut in half ()
- 1 cup bean sprouts

2 tablespoons soya sauce

Equipment

frying pan

Directions

Cook rice as directed on package.

While rice is cooking, spray 12-inch nonstick skillet with cooking spray; heat over medium heat.

Pour beaten eggs over bottom of skillet and cook until firm; remove from skillet and set aside. When eggs are cool, cut into small pieces.

Heat oil in same skillet over medium-high heat. Cook and stir carrots, onions and garlic in oil 1 minute. Stir in pea pods and bean sprouts; cook and stir 2 minutes. Stir in rice and soy sauce; reduce heat to medium. Cook 2 minutes, stirring

occasionally. Stir in eggs; cook until heated through.

Nutrition Facts



PROTEIN 14.19% **FAT 20.01%** **CARBS 65.8%**

Properties

Glycemic Index:30.96, Glycemic Load:1.34, Inflammation Score:-10, Nutrition Score:22.893912978794%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 276.93kcal (13.85%), Fat: 6.15g (9.47%), Saturated Fat: 1.32g (8.25%), Carbohydrates: 45.53g (15.18%), Net Carbohydrates: 41.66g (15.15%), Sugar: 5.11g (5.67%), Cholesterol: 81.84mg (27.28%), Sodium: 566.01mg (24.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.82g (19.63%), Vitamin A: 6127.5IU (122.55%), Vitamin K: 57.3µg (54.57%), Vitamin C: 37.3mg (45.22%), Folate: 180.75µg (45.19%), Manganese: 0.72mg (36.07%), Vitamin B1: 0.54mg (35.81%), Selenium: 23.53µg (33.62%), Iron: 4.86mg (26.99%), Vitamin B3: 4.26mg (21.29%), Phosphorus: 162.98mg (16.3%), Fiber: 3.87g (15.47%), Vitamin B6: 0.27mg (13.51%), Vitamin B2: 0.23mg (13.36%), Vitamin B5: 1.12mg (11.24%), Copper: 0.21mg (10.62%), Potassium: 337.7mg (9.65%), Magnesium: 36.01mg (9%), Zinc: 1.31mg

(8.74%), Calcium: 68.95mg (6.89%), Vitamin E: 1.02mg (6.83%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%)