



Yang Chow Fried Rice



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



742 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 2 tablespoons canola oil divided
- ☐ 4 large eggs divided lightly beaten
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 teaspoons ginger fresh grated peeled
- ☐ 2 garlic clove minced
- ☐ 1.8 cups spring onion divided thinly sliced
- ☐ 0.3 cup soy sauce low-sodium

- ☐ 10 ounce peas green frozen thawed
- ☐ 0.5 teaspoon salt
- ☐ 1 Dash salt
- ☐ 5 cups short grain rice chilled cooked

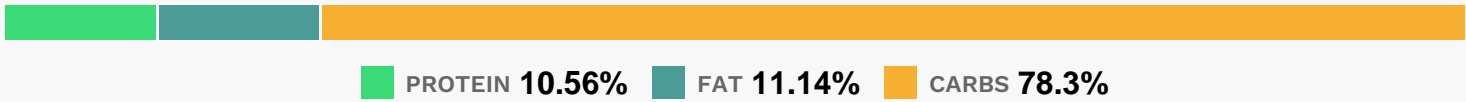
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add half of eggs; swirl to coat bottom of pan evenly.
- ☐ Sprinkle with 1/8 teaspoon pepper and dash of salt; cook 3 minutes or until egg is done.
- ☐ Remove egg from pan; thinly slice, and set aside.
- ☐ Wipe pan clean with a paper towel.
- ☐ Heat remaining 4 teaspoons oil in pan over medium-high heat.
- ☐ Add 1 cup onions, ginger, and garlic; stir-fry 30 seconds.
- ☐ Add remaining eggs and rice; stir-fry 3 minutes. Stir in half of egg strips, remaining 3/4 cup onions, remaining 1/8 teaspoon pepper, soy sauce, 1/2 teaspoon salt, and peas; cook 30 seconds, stirring well to combine. Top with remaining egg strips and cilantro.

Nutrition Facts



Properties

Glycemic Index:44.56, Glycemic Load:106.73, Inflammation Score:-9, Nutrition Score:33.528260915176%

Flavonoids

Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 741.53kcal (37.08%), Fat: 8.99g (13.84%), Saturated Fat: 1.67g (10.44%), Carbohydrates: 142.21g (47.4%), Net Carbohydrates: 133.95g (48.71%), Sugar: 3.56g (3.95%), Cholesterol: 124mg (41.33%), Sodium: 639.14mg (27.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.18g (38.36%), Folate: 454.96µg (113.74%), Manganese: 2.05mg (102.67%), Vitamin B1: 1.1mg (73.56%), Vitamin K: 76.29µg (72.66%), Selenium: 36.63µg (52.33%), Iron: 8.94mg (49.65%), Vitamin B3: 8.16mg (40.78%), Fiber: 8.25g (33.01%), Phosphorus: 305.78mg (30.58%), Vitamin C: 24.78mg (30.04%), Vitamin B5: 2.77mg (27.71%), Copper: 0.49mg (24.64%), Vitamin B6: 0.47mg (23.52%), Zinc: 3.06mg (20.42%), Vitamin B2: 0.35mg (20.31%), Magnesium: 71.83mg (17.96%), Vitamin A: 846.29IU (16.93%), Potassium: 414.82mg (11.85%), Vitamin E: 1.44mg (9.6%), Calcium: 62.21mg (6.22%), Vitamin B12: 0.3µg (4.94%), Vitamin D: 0.67µg (4.44%)