



Yang Chow Fried Rice



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



762 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 cloves minced
- ☐ 1.8 cups green onions divided thinly sliced
- ☐ 0.3 cup lower-sodium soy sauce

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

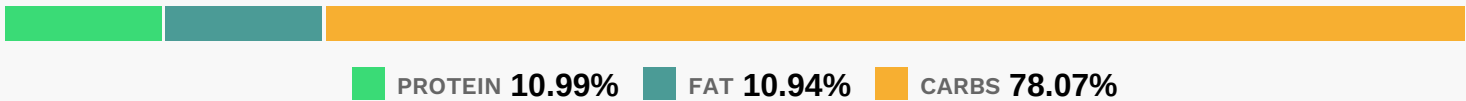
Equipment

- ☐ 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 reserved 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:-10, Nutrition Score:37.876521732496%

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: 762.11kcal (38.11%), Fat: 9.09g (13.99%), Saturated Fat: 1.69g (10.56%), Carbohydrates: 145.9g (48.63%), Net Carbohydrates: 136.38g (49.59%), Sugar: 5.52g (6.13%), Cholesterol: 124mg (41.33%), Sodium: 641.1mg (27.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.55g (41.1%), Folate: 475.54µg (118.89%), Manganese: 2.17mg (108.65%), Vitamin K: 88.54µg (84.33%), Vitamin B1: 1.18mg (78.46%), Vitamin C: 54.18mg (65.68%), Iron: 9.96mg (55.31%), Selenium: 36.97µg (52.82%), Vitamin B3: 8.45mg (42.25%), Fiber: 9.53g (38.11%), Phosphorus: 331.75mg (33.17%), Vitamin B5: 3.14mg (31.38%), Vitamin A: 1378.92IU (27.58%), Vitamin B6: 0.55mg (27.44%), Copper: 0.53mg (26.57%), Vitamin B2: 0.38mg (22.62%), Zinc: 3.2mg (21.3%), Magnesium: 83.59mg (20.9%), Potassium: 512.82mg (14.65%), Vitamin E: 1.63mg (10.88%), Calcium: 83.28mg (8.33%), Vitamin B12: 0.3µg (4.94%), Vitamin D: 0.67µg (4.44%)