



WHATSheATE



Yangzhou Fried Rice



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



453 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 cup ham diced finely



3 large eggs lightly beaten



1 cup peas fresh



0.5 teaspoon ground pepper white



1 teaspoon kosher salt



1 tablespoon oyster sauce



3 tablespoons vegetable oil; peanut oil preferred



1 cup scallions white green thinly sliced (and parts)

- ☐ 2 cups shiitake mushroom fresh diced finely
- ☐ 4 ounces shrimp fresh diced deveined peeled finely (1 cup or 6 large shrimp)
- ☐ 1 teaspoon sugar
- ☐ 1 cup rice long-grain white cold rinsed

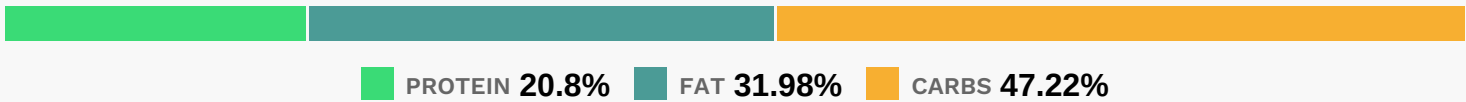
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wok
- ☐ chopsticks

Directions

- ☐ In medium saucepan over high heat, combine rice and 1 1/4 cups water. Cover and bring to boil, then reduce heat to low and simmer until water is absorbed, about 25 minutes.
- ☐ Remove from heat and let stand, covered, 10 minutes. Fluff with large fork or chopsticks, then cool. (Rice can be made ahead and refrigerated, covered, up to 2 days.)
- ☐ In wok or heavy large sauté pan over moderately high heat, heat oil until hot but not smoking.
- ☐ Add half of scallions (reserve remainder for garnish).
- ☐ Add shrimp and stir-fry until shrimp are pink and cooked through, 2 to 3 minutes.
- ☐ Add eggs and rice and stir-fry until eggs are just set, about 1 minute.
- ☐ Add mushrooms, peas, ham, oyster sauce, sugar, salt, and pepper and stir-fry until heated through and fluffy, 4 to 5 minutes.
- ☐ Garnish with remaining scallions and serve.

Nutrition Facts



Properties

Glycemic Index:59.9, Glycemic Load:26.28, Inflammation Score:-7, Nutrition Score:22.813913262409%

Flavonoids

Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg, Quercetin: 2.67mg

Nutrients (% of daily need)

Calories: 452.56kcal (22.63%), Fat: 16.3g (25.08%), Saturated Fat: 3.1g (19.36%), Carbohydrates: 54.14g (18.05%), Net Carbohydrates: 47.92g (17.42%), Sugar: 7.03g (7.81%), Cholesterol: 200.41mg (66.8%), Sodium: 1181.04mg (51.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.85g (47.7%), Vitamin K: 60.97µg (58.07%), Manganese: 0.99mg (49.31%), Selenium: 25.95µg (37.08%), Phosphorus: 364.5mg (36.45%), Vitamin B3: 6.1mg (30.52%), Vitamin B2: 0.51mg (30.19%), Vitamin B5: 2.8mg (27.96%), Vitamin B6: 0.55mg (27.41%), Fiber: 6.22g (24.89%), Copper: 0.49mg (24.7%), Vitamin C: 19.26mg (23.34%), Zinc: 3.09mg (20.59%), Potassium: 683.5mg (19.53%), Folate: 76.28µg (19.07%), Magnesium: 65.97mg (16.49%), Iron: 2.78mg (15.42%), Vitamin E: 2.28mg (15.18%), Vitamin A: 729.06IU (14.58%), Vitamin B1: 0.17mg (11.67%), Calcium: 83.89mg (8.39%), Vitamin D: 1.2µg (8.01%), Vitamin B12: 0.35µg (5.87%)