

Garlicky Beef Fried Rice

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/beef-fried-rice-indian-recipe>

Ingredients:

- 4 cups rice leftover
- 1 cup beef cut into small dices
- 1 pinch salt
- 1/2 tablespoon light soy sauce
- 1/2 cup green pepper diced fresh
- 1/2 cup red pepper diced fresh
- 3 garlic cloves
- 2 tablespoons cooking oil
- salt as needed, around 1 teaspoon
- chili oil Laoganma crispy, for serving
- 4 cups rice leftover
- 1 cup beef cut into small dices
- 1 pinch salt
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Nutrition:

1. Calories: 960 calories
2. Carbohydrate: 114 grams
3. Cholesterol: 75 milligrams
4. Fat: 41 grams
5. Fiber: 2 grams
6. Protein: 30 grams
7. SaturatedFat: 8 grams

8. Sodium: 840 milligrams
 9. Sugar: 2 grams
 10. TransFat: 1 grams
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