

# Quick Fried Rice

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/recipes>

## Ingredients:

- 2 cups long-grain rice microwavable, \*, cooked
- 1 spray vegetable oil
- 4 scallions finely sliced
- 2 green peppers long, finely sliced
- 1 red bell pepper seeded and cut into thin strips
- 4 ounces green beans extra fine, cut into 1-inch pieces
- 1/3 cup frozen green peas defrosted
- 1/4 head savoy cabbage washed and shredded
- 12 ounces chicken skinless, diced
- 1 tablespoon dark brown sugar
- 1/2 chicken stock cube crumbled
- 2 tablespoons low sodium soy sauce
- 2 tablespoons sweet chili sauce
- 1/2 bunch cilantro roughly chopped

## Nutrition:

1. Calories: 520 calories
2. Carbohydrate: 92 grams
3. Cholesterol: 55 milligrams
4. Fat: 3.5 grams
5. Fiber: 7 grams
6. Protein: 28 grams
7. SaturatedFat: 1 grams
8. Sodium: 600 milligrams
9. Sugar: 10 grams

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