

Better Than Takeout Fried Rice

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/better-than-takeout-chinese-fried-rice-recipe>

Ingredients:

- 4 cups cooked white rice chilled
- 3 teaspoons sesame oil divided
- 2 eggs beaten
- 2 cups broccoli chopped
- 2 cups sugar snap peas chopped
- 2 cups cooked chicken shredded
- 3 tablespoons low sodium soy sauce
- 2 tablespoons oyster sauce
- 2 scallions thinly sliced, for garnish, optional
- sesame seeds for garnish, optional

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 165 milligrams
4. Fat: 17 grams
5. Fiber: 3 grams
6. Protein: 26 grams
7. SaturatedFat: 4 grams
8. Sodium: 760 milligrams
9. Sugar: 3 grams

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