

Chinese Sausage and Broccoli Fried Rice

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chinese-sausage-fried-rice>

Ingredients:

- 1 cup cooked rice preferably day-old
- 2 chinese sausage links, cut into small dice
- 1 bunch broccolini trimmed and cut into 1-inch pieces
- 1 tablespoon toasted sesame oil
- 2 tablespoons reduced sodium soy sauce
- 1/2 teaspoon black sesame seeds
- 1 clove garlic minced
- 1 piece ginger root peeled and minced
- 1 teaspoon chili garlic paste
- 1 scallion green and white parts, finely sliced

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 10 milligrams
4. Fat: 13 grams
5. Fiber: 5 grams
6. Protein: 10 grams
7. SaturatedFat: 0.5 grams
8. Sodium: 670 milligrams
9. Sugar: 3 grams

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