

# Vegetable Fried Rice – No Egg

Yield: 2 min  
Total Time: 30 min

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

## Ingredients:

- 1 cup basmati
- rice
- 1/2 cup beans chopped
- 1/2 cup carrot diced
- 1/2 cup cabbage sliced to large shreds
- 1 teaspoon minced garlic
- 2 tablespoons spring onion bulbs sliced and the leaves reserved for garnish, optional
- 1 tablespoon chilli sauce GREEN
- 1/2 tablespoon dark soya sauce
- 1/2 tablespoon light soya sauce
- 1 tablespoon oil – sunflower oil
- salt to taste
- 1 dash white pepper powder

## Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 92 grams
3. Fat: 8 grams
4. Fiber: 4 grams
5. Protein: 9 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 980 milligrams
8. Sugar: 4 grams

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