

# Chinese Beef Fried Rice

Yield: 4 min  
Total Time: 25 min

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

## Ingredients:

- 4 tablespoons salted butter Divided into 3 Equal Parts
- 1/2 pound beef Any Variety - Diced
- 3 eggs Whisked
- 1 cup frozen carrot and Peas Mixture
- 1 small yellow onion Diced
- 4 cloves garlic Minced
- salt To Taste
- black pepper To Taste
- 4 cups white rice Short Grain, Cooked and Chilled
- 4 green onions Sliced
- 5 tablespoons soy sauce
- 1 teaspoon toasted sesame oil

## Nutrition:

1. Calories: 1010 calories
2. Carbohydrate: 158 grams
3. Cholesterol: 230 milligrams
4. Fat: 27 grams
5. Fiber: 4 grams
6. Protein: 31 grams
7. SaturatedFat: 12 grams
8. Sodium: 1520 milligrams
9. Sugar: 3 grams
10. TransFat: 0.5 grams

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