

House Special Fried Rice

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/house-special-beef-recipe-chinese>

Ingredients:

- 4 cups cooked rice cold, day-old
- 1/4 pound beef sirloin thinly sliced
- 1/4 pound chicken breast thinly sliced
- 1/4 pound shrimps large, peeled and deveined
- 1 egg white
- 1/2 teaspoon cornstarch
- soy sauce
- 1 tablespoon Chinese cooking wine
- oil
- salt
- pepper
- 3 tablespoons oil
- 2 large eggs beaten
- 1 onion small, peeled and chopped
- 2 cloves garlic peeled and minced
- 1 cup peas and carrots thawed
- 1 teaspoon sugar

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 180 milligrams
4. Fat: 21 grams
5. Fiber: 3 grams
6. Protein: 25 grams
7. SaturatedFat: 3 grams
8. Sodium: 590 milligrams
9. Sugar: 5 grams

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