

Chinese Duck Fried Rice

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 6 ounces roast Chinese, Peking duck, chopped
- 2 tablespoons peanut oil
- 2 cups steamed white rice leftover
- 1/2 cup chopped onion
- 1/2 cup frozen peas and carrots
- 1 teaspoon chopped garlic
- 1 teaspoon minced ginger
- salt
- black pepper
- 3 large eggs lightly beaten
- 1 tablespoon sesame oil
- soy sauce amount to taste

Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 81 grams
3. Cholesterol: 180 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 22 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 930 milligrams
9. Sugar: 1 grams

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