

Chinese Fried Rice

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-chinese-food-recipe>

Ingredients:

- 2 large eggs scrambled *optional
- 1 small yellow onion finely diced
- 3 cloves garlic minced
- 2 tablespoons canola oil divided
- 1 red bell pepper chopped
- 1/2 cup frozen peas
- 1/2 cup carrots finely chopped
- 1/2 pound shrimp I used 41-50 count size or thinly sliced chicken *optional, toss with 3 drops sesame seed oil and 1/2 teaspoon soy sa...
- 4 cups cooked rice cold
- 3 green onions sliced
- 3 tablespoons oyster sauce
- 3 tablespoons soy sauce

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 190 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams
6. Protein: 17 grams
7. SaturatedFat: 1 grams
8. Sodium: 1190 milligrams
9. Sugar: 4 grams

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