

# Chinese Restaurant Fried Rice

Yield: 4 min  
Total Time: 20 min

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

## Ingredients:

- 4 cups steamed white rice chilled
- 1/3 cup baby carrots chopped
- 1/3 cup white onion chopped
- 1/2 cup frozen green peas
- 4 tablespoons coconut oil . divided
- 4 eggs
- 2 tablespoons sesame oil divided
- soy sauce to taste, I use gluten-free

## Nutrition:

1. Calories: 840 calories
2. Carbohydrate: 136 grams
3. Cholesterol: 190 milligrams
4. Fat: 24 grams
5. Fiber: 3 grams
6. Protein: 18 grams
7. SaturatedFat: 13 grams
8. Sodium: 320 milligrams
9. Sugar: 2 grams

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