

Stir-fried Rice with Soy Sauce

Yield: 4 min
Total Time: 25 min

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

Ingredients:

- 1 bowl cooked rice about 2 cups; cooked and refrigerate overnight
- 2 egg yolks
- 3 tablespoons soy sauce I use low sodium soy sauce
- 1/2 teaspoon dark soy sauce
- 1/2 teaspoon oyster sauce
- 3 tablespoons cooking oil
- 1 pinch sugar
- 1 pinch ground white pepper
- 2 teaspoons lard I use bacon fat
- 2/3 diced ham
- green onion chopped

Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 110 milligrams
4. Fat: 15 grams
5. Protein: 3 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 800 milligrams
8. Sugar: 1 grams

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