

# Egg Fried Rice In A Mug

Yield: 1 min  
Total Time: 8 min

Recipe from: <https://www.recipeschoose.com/recipes/egg-fried-rice-recipe-with-chinese-5-spice>

## Ingredients:

- 1 cup rice microwaveable
- 2 tablespoons frozen peas
- 2 tablespoons red pepper chopped
- 1/2 green onion chopped
- 1 pinch mung bean sprouts
- purple cabbage small pinch of shredded
- 1 large egg
- 1 tablespoon low sodium soy sauce
- 1/2 teaspoon sesame oil
- 1/2 teaspoon onion powder
- 1/4 teaspoon five spice powder

## Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 67 grams
3. Cholesterol: 210 milligrams
4. Fat: 7 grams
5. Fiber: 4 grams
6. Protein: 13 grams
7. SaturatedFat: 2 grams
8. Sodium: 650 milligrams
9. Sugar: 6 grams

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